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INSPIRATIONAL GEMS

TO

EMPOWER YOUR LIFE

080


PAT



EDITED BY

MUKESH M. PATEL
KRUTI M. PATEL



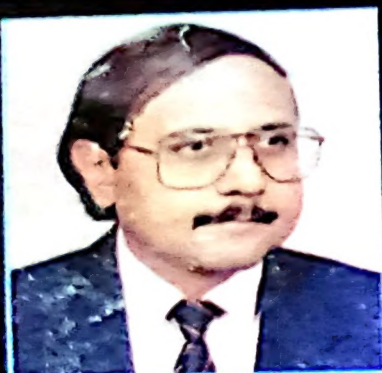


*People
keep on blaming
their circumstances
for what they are!*

*I don't believe in
circumstances!*

*I believe that
the people
who get on
in this world...
are the people
who get up
and look for
the circumstances
they want...and
if they don't
find them,
make them!*

George Bernard Shaw



Mukesh M. Patel

An International Tax Expert, recognised as 'Outstanding Young Professional of the World', and honoured with 'The Friend of NRIs Award', an eloquent Public Speaker acknowledged as 'Outstanding Speaker of the Twentieth Century' and conferred with 'Fellowship of the World Academy of Speakers', Recipient of the 'Indo-Japanese Friendship Award', a Visiting

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He has groomed and nurtured several leading institutions with his dynamic vision and leadership, prominent among them being the Ahmedabad Management Association, the Gujarat Chamber of Commerce & Industry, the All Gujarat Federation of Tax Consultants, the Income Tax Bar Association and the Indo-Japan Friendship Association, Gujarat. He has actively served on the Managing Bodies of apex organisations such as FICCI, ASSOCHAM, ICC and AIMA.

Kruti M. Patel

Academic Brilliance, blended with talented flair, creativity and excellence in Painting, Dance, Music, Literature and Public Speaking, adorn the sparkling personality of Kruti. Bharat Natyam Arangetram, Kuchipudi Rang-Pravesham, Visit to Japan under the Indo-Japan Student Exchange Programme, The Times of India Public Speaking Trophy, Alliance Francaise Honour in French Proficiency... these are some landmark achievements of Kruti, who is an MBA Gold Medalist from the reputed Nirma Institute of Management, Ahmedabad.



With her commitment, dedication and devoted perseverance since her childhood, Kruti has blossomed as a promising artist with a deep insight and skilful understanding of both Fine and Performing Arts. Her maiden Art Exhibition, 'Creations... a World of Colours with Brush Strokes,' was successfully organised along with her father's Photo Exhibition 'Reflections... Around the World through a Lens-Eye,' in 1998.

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Vision for the Mission

The Inspiration behind the Gems!

*Positive Attitude & Passionate Belief
nurtured by
Meaningful Goals & Powerful Motivation
sustained by
Untiring Perseverance & Loving Compassion
can achieve
Amazing Success & Abundant Happiness
for
Time Eternal through Life's Journey
blessed by
Enlightened Wisdom & Almighty's Bounty!*



Our Signature Statement...

*The Inspirational Gems
to Empower your Life
treasured in this Digest are not ours...
...we have secured them from
the Illustrious Movers and Shakers
of the World!
If you don't acclaim them...
on whom else would you bank upon?*

Kruti

Kruti

Mukesh M. Patel

Mukesh M. Patel

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The Wonders of Attitude

You will be
what
You will to be!

Your Attitude
determines
Your Altitude! ✓

The Wonders of Attitude

The good news is...

that bad news
can be
turned into
good news...

...if you change
your Attitude!

Attitude

*The longer I live, the more I realize
the impact of Attitude on life.*

It is more important than education,
than money, than circumstances,
than failures, than successes,
than whatever anyone might think, say or do.

It is more important
than appearances, giftedness or skill.

It can make or break a company,
home or relationship.

The remarkable thing is
that we have the choice to create
the attitude we have for that day.

We cannot change our past.
We cannot change the way people act.
We cannot change the inevitable.

The one thing we can change
is the only thing we have control over,
and that is our Attitude!

*I'm convinced that life is
10 per cent what actually happens to us,
and 90 per cent how we react to it.*

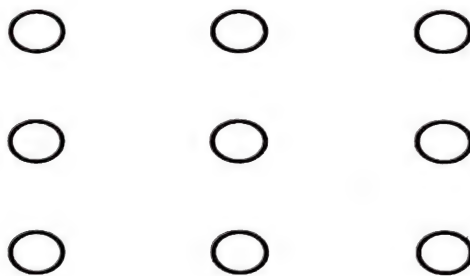
- Charles Swindoll

*There is one thing stronger
than all the armies in the world...
...and that is an idea, whose time has come!*

Victor Hugo

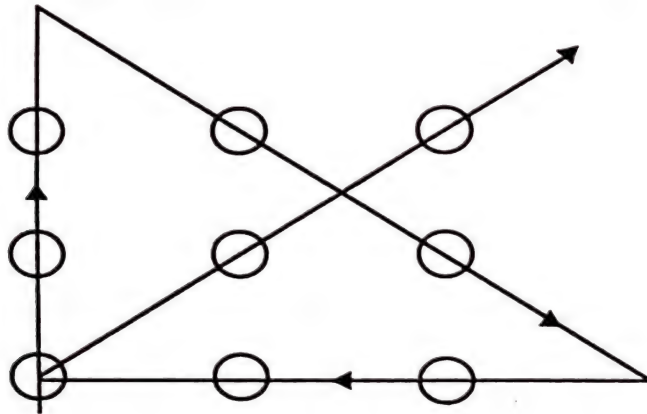
Get out of the Box!

I was recently invited by one of my clients to sit in on a presentation they were making for a \$5 million facilities management account. The President of the presenting company, Infincom, was Bob Koether. He began the meeting by passing out a sheet of paper to his prospective clients, and on this paper there were nine dots. Perhaps you've seen this puzzle, three rows of three dots stacked like this:



Koether asked his clients to take a minute or two to work this puzzle. He asked them to draw four straight lines, without lifting the pen from the paper, and connect all nine dots. After much grumbling and frustration, the clients gave up in defeat.

The solution is not at all difficult, but you have to allow yourself to go outside the box of dots:



When they saw the solution to the puzzle, some of the clients protested, "But you didn't say we could go outside the box!"

"What box?" asked Bob Koether. The clients were silent. And then it hit them. The 'box' they were referring to was the imaginary 'box' formed by the uniformity of the stacked nine dots. But it was only imaginary.

Koether continued, "Nobody said you couldn't go out of the 'box.' You assumed there was a 'box,' and you assumed there was a 'rule.' And we do that in life and in business every day. *We restrict our thinking for no good reason. We do things simply because that's the way we always did them.*

I want you to know that our commitment in serving your company is to always look outside the 'box' for the most innovative solutions possible to your problems."

- Steve Chandler

Positive Expectations attract Positive Results!

Several years ago, an experiment was performed in a school in the San Francisco Bay area. The Principal called in three teachers and said, "Because you three teachers are the finest in the system and you have the greatest expertise, we are going to give you ninety selected High-IQ students. We will let you handle these students this year and see how much they can learn."

The three faculty members, the students, and the students' parents thought it was a great idea. And they all especially enjoyed the school year. By the time school ended, the students had achieved from 20 to 30 percent more than the other students in the entire area.

At the end of the year, the Principal called in the three teachers and told them, "I have a confession to make. You did not have ninety of the most intellectually prominent students. They were just run-of-the-mill students. We took ninety students at random from the system and gave them to you."

The teachers naturally concluded that their exceptional teaching skills must have been responsible for the students' great progress.

"I have another confession," said the Principal. "You are not the brightest of the teachers. Your names were the first three drawn out of a hat."

How, then, did the students and teachers perform at such an exceptional level for the entire year?

The answer can be found in their attitudes. They had an attitude of positive expectation. The teachers and students believed in themselves and one another and their positive expectations attracted positive results!

As a Man Thinketh!

James Allen had long been impressed by the ancient philosophy that a man becomes what he thinks, that a man's character is the outward expression of his inward thoughts. He had traced it back to the Upanishads, the sacred Hindu literature: "Man becomes that of which he thinks!" He had found it eloquently expressed in the writings of Buddha: "The mind is everything...what you think you become!" And in the Meditations of Marcus Aurelius: "Your life is what your thoughts make it!" He had found the same basic idea in the writings of Confucius, Mohammed, Aristotle, Socrates, and scores of others. And he knew it, of course, in its most familiar form from the Bible: "As he thinketh in his heart, so is he!" And this inspired his celebrated work 'As a Man thinketh,' from which reads this powerful and inspirational passage...

As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought, and could not have appeared without them. Act is the blossom of thought, and joy and suffering are its fruits...thus does a man garner in the sweet and bitter fruitage of his own husbandry.

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild...but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein...and will continue to produce their kind.

Just as the gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals within himself the laws of thought, and understands with ever-increasing accuracy, how the thought forces operate in the shaping of his character and destiny.

Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions.

Only when a man realizes that he is a creative power, and that he may command the hidden soil and seeds of his being, out of which circumstances grow, he then becomes the rightful master of himself.

Good thoughts bear good fruit, bad thoughts, bad fruit. A man will find that as he alters his thoughts towards things and other people, things and other people will alter towards him. Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life. Men do not attract that which they want, but that which they are. The divinity that shapes our ends is in ourselves. It is our very self. All that a man achieves or fails to achieve is the direct result of his own thoughts. A man can only rise, conquer, and achieve by lifting up his thoughts. He remains weak and abject and miserable by refusing to life up his thoughts.

A man should conceive of a legitimate purpose in his heart, and set out to accomplish it. He should make this purpose the centralizing point of his thoughts. He should devote himself to its attainment, not allowing his thoughts to wander away into ephemeral fancies, longings, and imaginings. This is the royal road to self-control and true concentration of thought. Even if he fails again and again to accomplish his purpose (as he necessarily must, until weakness is overcome), the strength of character gained will be the measure of his true success, and this will form a new starting point for future power and triumph.

Into your hands will be placed the exact results of your own thoughts...you will receive that which you earn...no more, no less. Whatever your present environment may be, you will fall, remain, or rise with your Thoughts, your Vision, your Ideals. You will become as small as your controlling desire...as great as your dominant aspiration!

The Vision that you glorify in your Mind, the Ideals that you enthrone in your Heart...this is what will build your life! This is what you will become! A man is literally what he thinks, his character being the complete sum of all his thoughts!

- James Allen

✓
You will be...
what
✓ You will to be!

You will be what you will to be;
Let failure find its false content
In that poor word, 'environment,'
But spirit scorns it, and is free.

It masters time, it conquers space;
It cows that boastful trickster, Chance,
And bids the tyrant Circumstance
Uncrown, and fill a servant's place.

The human will, that force unseen,
The offspring of a deathless Soul,
Can hew a way to any Goal,
Though walls of granite intervene.

Be not impatient in delay,
But wait, as one who understands;
When spirit rises and commands,
The Gods are ready to obey.

- James Elliott

*How is it possible
that a being
with such sensitive jewels
as the eyes...*

*such enchanted musical
instruments as the ears...*

*and such a fabulous
arabesque of nerves
as the brain...*

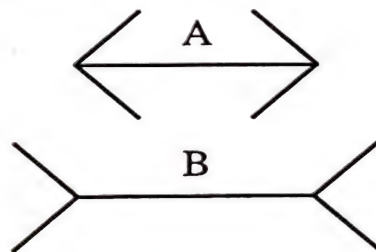
*can experience itself
as anything less
than a god?*

Alan Watts

It's Perception that matters!

The way we perceive the world and how we react to it is extremely relevant. How we perceive the world defines for us the environment we live in. It defines our hopes and fears, and sets upper limits on our expectations in life. Individual perception is all-encompassing and all-powerful. We all live in a mental domain. Perception takes place in our brain, not in the sense organs. Therefore what we see is only our mind's interpretation of what is actually there.

An example of perceptual confusion is the fact that the way you package a concept often causes you to reject the idea. Compare the two figures below and judge which line is longer, A or B.



This is the famous Muller-Lyer Illusion and it has intrigued researchers for years. The line in Figure B appears to be longer than the one in Figure A. But both are exactly the same. Perception seems to be affected by the way pictures are organized, in this case whether the arrowheads at the end of each line are pointing inward or outward.

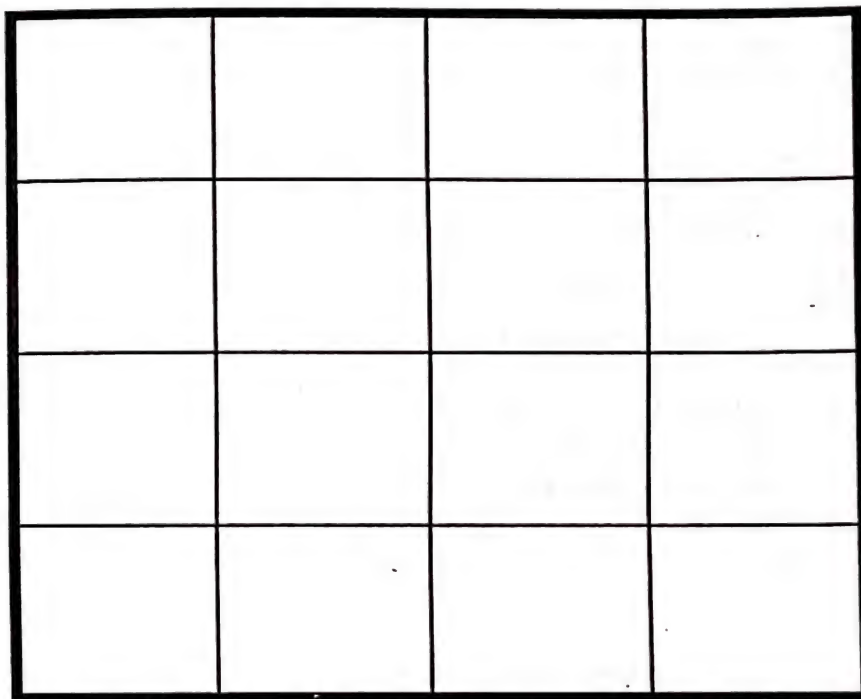
Can it also be that the way you 'package' your self-image, by super-imposing meaningless additions or baggage onto it, also changes who you think you are? Is all of what your parents, teachers, or employers may have said very relevant to who you are and what you are capable of achieving? No, of course not. Much of it is irrelevant and must simply be cast off. *When you eliminate the unnecessary 'arrowheads' from your past, you'll find that what remains is the real you!*

*Man's mind stretched to a new idea...
...never goes back to its original dimension!*

Oliver Wendell Holmes

Seeing beyond the obvious!

HOW MANY SQUARES DO YOU SEE?



If you said 16, you have lots of company. If you said 17, you are in a much more select group, but you are still in error. Before you turn the page to see what the artist has done with these squares, why don't you take another look and see how many more squares you can find. Now, turn the page.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

-17	18		

	19		
22			20
	21		

23			24
25			26

27			
			28

			29
30			

As you can see, there are 30 squares. Since you held the book in your hands, no one could have added any additional squares. You were simply shown where they were.

This illustrates two important concepts. First, an in-depth look reveals considerably more than a casual glance, doesn't it? That's true of the squares and it's also true of you, your potential and your future. Second, most of us occasionally need someone to point out the obvious and more often, the not so obvious.

Always remember, seeing beyond the obvious is a skill, which can take you miles together on your path to progress and achievement in life!

Attitude is everything!

*Two men were behind the bars...
...one looking at the mud...other at the stars!*

Jerry was the kind of guy you would just envy. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up, I say to myself, 'Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be miserable or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, but it's not that easy," I protested.

"Yes, it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line... it's your choice how you live life."

I reflected on what Jerry said. I learned from him that *every day we have the choice to live fully. Attitude, after all, is everything!*

- Brian Cavanaugh

Power of a Dream coupled with Right Attitude!

Have you ever known a person who didn't have a clue concerning what he wanted in life, yet was highly successful? I haven't. And I bet you haven't either. We all need something worthwhile to aim for. A dream provides us with that. It acts as a compass, telling us the direction we should travel. And until we've identified that right direction, we'll never know for sure that our movement is actually progress. Our actions are just as likely to take us backward instead of forward. If you move in any direction other than towards your dream, you'll miss out on the opportunities necessary to be successful.

With a dream, we begin to see ourselves in a new light, as having greater potential and being capable of stretching and growing to reach it. Every opportunity we meet, every resource we discover, every talent we develop, becomes a part of our potential to grow toward that dream. The greater the dream, the greater the potential. A blind man's world is bound by the limits of his touch; an ignorant man's world by the limits of his knowledge; a great man's world by the limits of his vision. *If your vision...your dream...is great, then so is your potential for success!*

A dream gives us hope for the future, and it also brings us power in the present. It makes it possible for us to prioritize everything we do. A person who has a dream knows what he is willing to 'give up' in order to 'go up'. He is able to measure everything he does according to whether or not it contributes to the dream, concentrating his attention on the things that bring him closer to it and giving less attention to everything that doesn't.

A dream puts everything we do into perspective. Even the tasks that aren't exciting or immediately rewarding take on added value when we know they ultimately contribute to the fulfillment of a dream. Each activity becomes an important piece in that bigger picture.

Let me share with you the story of a reporter who talked to three construction workers pouring concrete at a building site.

"What are you doing?" He asked the first worker. "I am earning a paycheck," he grumbled.

The reporter asked the same question to a second labourer, who exclaimed, "What do you think I am doing? Can't you see I am pouring concrete?"

Then he noticed a third man who was smiling and whistling as he worked and who replied excitedly to his question, "I am building a shelter for the homeless." He wiped his hands clean on a rag and then pointed, "Look, over there is where the kitchen will be. And that over there is the women's dormitory. This here..."

Each man was doing the same job. But only the third was motivated by a larger vision. The work he did was fulfilling a dream, and it added value to all his efforts.

Vince Lombardi has said, "I firmly believe that any man's finest hour...his greatest fulfillment to all he holds dear...is that moment, when he has worked his heart out in a good cause and lies exhausted on the field of battle...victorious!" *A dream provides the perspective that makes that kind of effort possible!*

But the power of a dream needs to be coupled with the right attitude. If you have one without the other, you can't go very far on the success journey. To go far and in the right direction, you need both.

- ✓ A dream without a positive attitude, produces a daydreamer.
- ✓ A positive attitude without a dream, produces a pleasant person who can't progress.
- ✓ A dream together with a positive attitude, produces a person with unlimited possibilities and potential.

Your attitude...not intelligence, talent, education, skill or opportunity... will determine whether you will live your dream! Always remember your Attitude will determine the Altitude you will scale in Life!

- John C. Maxwell

The Miracles of Belief

Whether you think
you can...

...or you think
you can't...

...either way
you are right!

The Miracles of Belief

You can lament...

...because
Roses have Thorns...

...or You can rejoice...

...because
Thorns have Roses!

You can...
if you think
you can!

If you think you are beaten, you are;
If you think that you dare not, you don't;
If you'd like to win, but think you can't,
It's almost certain you won't.
If you think you'll lose, you've lost,
For out in the world you find,
Success begins with a fellow's will,
It's all in the state of mind.

Often many a race is lost,
Before even a step is run,
And many a coward fails,
Before even his work's begun.
Think big, and your deeds will grow,
Think small, and you'll fall behind.
Think that you can, and you will,
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself,
Before you can ever win a prize.
Life's battles don't always go,
To the stronger or faster man,
But sooner or later the man who wins,
Is the fellow who thinks he can.

- Edwin Markham

Faith walks on Mountain-Tops!

The man who does things must be able to project himself with a mighty force, to fling the whole weight of his being into his work, ever gathering momentum against the obstacles which confront him; every issue must be met wholly, unhesitatingly. He cannot do this with a wavering, doubting, unstable mind.

The fact that a man believes implicitly that he can do what may seem impossible or very difficult to others, shows that there is something within him that makes him equal to the work he has undertaken.

Faith unites man with the Infinite, and no one can accomplish great things in life unless he works in oneness with the Infinite. When a man lives so near to the Supreme that the Divine Presence is felt all the time, then he is in a position to express power.

There is nothing, which will multiply one's ability like self-faith. It can make a one-talent man a success, while a ten-talent man without it would fail.

Faith walks on the mountain-tops, hence its superior vision. It sees the invisible for those who follow. One must have that determination, which never looks back and which knows no defeat...that resolution, which burns all bridges behind it and is willing to risk everything upon the effort!

When a man ceases to believe in him and gives up the fight, you cannot do much for him, except to try to restore what he has lost...his self-faith, and to get out of his head the idea that there is a fate which tosses him hither and thither, a mysterious destiny which decides things whether he will or not. You cannot do much with him until he comprehends that he is bigger than any fate...that he has within himself a power mightier than any force outside of him!

- Orison Swett Marden

Thinking Creatively!

In thinking about anything creatively, you must learn to get out of well-worn grooves.

#Question: Consider for a moment how you can quickly change a **FIVE** into a **FOUR**?

You may find this to be an intriguing problem, and at first you may have trouble how to begin.

#The answer: Remove the 'F' and 'E' from either end of the written word **FIVE**, and you are left with the Roman numeral **IV**, the symbol for **FOUR**. In this instance, the suggestion was to think only in terms of written words, not Roman numerals.

This surprising answer will not be discovered by people who think in set patterns, down familiar paths that are well known and non-threatening to them.

(X) *Whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon, must inevitably come to pass!*

Paul J. Meyer

The Bumblebee

We need to learn from nature. According to scientists, the Bumblebee's body is too heavy and its wingspan too small. Aerodynamically, the Bumblebee cannot fly. But the Bumblebee doesn't know that and it keeps on flying, without any problems.

When you don't know your limitations, you go out and surprise yourself. In retrospect, you wonder whether you at all had any limitations! The only limitations that a person has are self-imposed!

Down with 'Impossible!'

When uttered aloud, the word 'impossible' is devastating in its effect on the 'subconscious.' Thinking stops. Progress halts. Doors slam shut. Research comes to a screeching halt. Further experimentation is torpedoed. Projects are abandoned. Dreams are discarded. The brightest and the best of the creative brain cells nose-dive, clam up, hide out, cool down, and turn off in some dark but safe subterranean corner of the mind. By means of this defensive manoeuvre, the brain shelters itself against the painful sting of insulting disappointments, brutal, embarrassing rejections, and dashed hopes.

Now let us utter the magic words, "It might be possible! I don't know how, or when, but it would be!"

These stirring words, with the siren appeal of a marshalling trumpet, penetrate into the subconscious tributaries of the mind, challenging and calling those proud powers to turn on and turn out! Buried dreams are resurrected. Sparks of fresh enthusiasm flicker, then burst into new flames. Tabled motions are brought back to the floor. Dusty files are reopened. Lights go on again in the long, darkened laboratories. Telephones start ringing. Computers light up. New budgets are revised and adopted. 'Help Wanted' signs are hung out. Factories are retooled and reopened. New products appear. New markets open. The recession ends. A great new era of adventure, experimentation, expansion, and prosperity is born.

You say, "But Dr. Schuller, you're quibbling about words." And I answer emphatically, "Not so! I'm not quibbling! I'm waging war on dangerous, irresponsible, destructive forces that are released by seemingly intelligent and innocent remarks."

The real issue is attitude. Only if we get over this negative attitude towards progress... 'that something is impossible', we will move forward in life and creative breakthroughs will emerge. *Let us scratch the word 'impossible' out of our vocabulary!*

- Dr. Robert Schuller

The Magnetic Force of Self-Image!

How you see yourself in your own eyes determines what you get out of life. Self-image is your own conception of yourself. It is the mental and emotional picture you hold in your own consciousness of who you are, what you are, and what you represent. Your self-image is important because it is the starting point of your life experiences. The image you hold of yourself is like a great vase into which all your life experiences are poured and blended.

If your self-image is a small, limited conception of yourself, based on ignorance, fear, doubt and insecurity, then all of your experiences will be filtered through these same negative emotions.

On the other hand, if your self-image is based on knowledge, love, courage, respect, faith and confidence, your life experiences will be filtered through these same positive emotions.

Self-image determines your capacity to give, receive, and interact with the life, experiences and possibilities, which confront you. Your self-image is like a magnet, attracting or repelling, like or unlike qualities into your life experience.

You attract thoughts, people, and experiences, which are congruent with how you think and feel about yourself. If you want to attract the good health, wealth and happiness that you desire and dream about, then you must develop a self image that is compatible with, and supports these very thoughts, namely good health, wealth and happiness!

You cannot consistently perform in a manner that is inconsistent with the way you see yourself!

* Your self-image will lead you to the top of the stairway or put you on an escalator to the basement. Mildred Newman and Dr. Bernard Berkowitz in their book, *How to Be Your Own Best Friend*, ask this penetrating question, "If we cannot love ourselves, where will we draw our love for anyone else?" *You can't give away something you don't have.*

Fortunately, regardless of how you have seen yourself in the past, you now have the motivation, method and capacity to change, and change for the better. Of all the gifts our Creator has given us, surely the gift of choosing the way we wish to be is one of the greatest!

As we delve into our self-image, let us remember that our mind completes whatever picture we put in it. For example, a plank 12 inches wide lying on the floor would be easy to walk. Place the same plank between two ten-story buildings and walking the plank is a different matter. You see yourself easily and safely walking the plank on the floor. You see yourself falling from the plank stretched between the buildings. Since the mind completes the picture you paint in it, your fears are quite real. (S)

swampy mind. (S) Many times a golfer will knock a ball into a lake or hit it out of bounds and then step back with the comment, "I knew I was going to do that." His mind painted a picture and his body completed the action. On the positive side, the golfer knows he must see the ball going in the cup before he strikes it.

The good hitter in baseball sees the ball dropping in for a base hit before he swings at the ball, and the successful salesman sees the customer buying before he makes the calls. Michaelangelo clearly saw the Mighty Moses in that block of marble before he struck the first blow!

- Zig Ziglar

That couldn't be done and he did it!

Somebody said that it couldn't be done,
But he with a chuckle replied,
That "may be it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing, as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed, "Oh, you'll never do that,
At least no one ever has done it".
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit.
He started to sing, as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure.
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it.
Just start to sing, as you tackle the thing
That cannot be done, and you'll do it.

- Edgar A. Guest

*Whatever understanding
we have of ourself,
that is what we become!*

*We can become
anything that we want,
because the world exists
through the power of beliefs!*

*There is nothing fixed or limiting
about a human being.
All the power of the universe
is inside us!*

*Simply put, we are
who we think we are,
and this we have the power
to change at any moment!*

Walter Staples

The Impetus of Conviction!

All reality, all things, are rooted in faith, in our beliefs, that we accept as firm convictions, often based on little understanding and no evidence. We assume that the planet will always turn, the sun will always shine, and the flowers will always bloom. We even believe we are alive! But how can we be certain of this, if we have never been alive or dead before? We assume we're alive because other people say we are, but they are as ignorant about the matter as we are.

Faith is blind. Sustained by the substance of things hoped for and the evidence of things not seen, great men and women have set out on perilous and uncertain journeys to follow their dreams. Inventors invent, explorers explore, builders build, writers write, singers sing, dancers dance. All are achievers, who believe, who persist in their quest on faith and faith alone.

The only reason, all our thoughts are not turned into physical reality, is because they are not convictions of the Conscious Mind. For, only if they are convictions, are they sent to the Subconscious to be acted upon. Thus, all our convictions or core beliefs are turned into form and we can neither start nor stop this process. It happens automatically. The Subconscious is always creating. This is its nature. It is always in the transformation mode. The only things we can control are the thoughts we pass on, the things we decide to believe in, or not believe in at the conscious level.

We now can see why belief is such a powerful factor in our life. *Belief gives the impetus of conviction to a thought, and thereby impresses the thought upon the Subconscious Mind as a premise or outcome that must be brought into reality. Hence anything we are thoroughly convinced of must eventually become real in our life!*

- Dr. Walter Staples

Power of the Subconscious!

Infinite riches are all around you, if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you, from which you can extract everything you need to live life gloriously, joyously, and abundantly.

Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather.

Similarly, there are two types of men. There is the magnetized man who is full of confidence and faith. He knows that he is born to win and to succeed. Then, there is the type of man who is demagnetized. He is full of fears and doubts. Opportunities come, and he says, "I might fail, I might lose my money, people may laugh at me." This type of man will not get very far in life because, if he is afraid to go forward, he will simply stay where he is. Become a magnetized man and discover the master secret of the ages.

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No, not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it!

You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind. You need not acquire this power... you already possess it!

- Dr. Joseph Murphy

Find your inner Einstein!

*The next time you see a picture of Albert Einstein,
realize that that's actually you!*

Every human being has the capacity to be a genius. You don't have to be infatuated with maths or physics to reach the genius level in your thinking. To experience Einstein's creative level of thinking, all you have to do is commit to using your positive imagination.

This is a difficult recommendation to follow, for those who have become accustomed to using their imaginations for only one thing, worrying. These people visualize worst-case scenarios all day long. All their energy for visualization is channeled into colorful pictures of what could go wrong. What they don't comprehend is that worry is a misuse of the imagination. The human imagination was designed for better things.

People, who use their imagination are often hailed by their colleagues as geniuses, as if genius was a genetic characteristic. They would be better understood as people who practice accessing their genius. Recognition of the power of this genius in all of us prompted Napoleon to say, "Imagination rules the world."

What we need to learn is the proactive use of our imagination. And once we learn that skill, the first task is to begin imagining the vision of who we want to be. Songwriter Fred Knipe wrote a song for the soundtrack of a video produced for teenagers about how to get their imaginations to visualize themselves succeeding at what they want to do:

*That's you, in your wildest dreams,
doing the wildest things,
no one else can do!*

*If you, just love and keep those dreams,
the wildest dreams,
you'll make yourself come true!*

- Steve Chandler

The Oyster

There once was an oyster whose story I tell,
Who found that some sand was inside his shell.
Just one little grain, but it gave him great pain!
For oysters have feelings, though they all seem so plain.

Now did he berate the workings of fate,
Which had led him to such a deplorable state?
Did he curse out the government or call for an election,
And cry that the sea should have given protection?

"No!" He said to himself, as he lay on the shelf,
"Since I cannot remove it, I'll try to improve it."

The years rolled along, as the years always do,
And he came to his ultimate destiny, stew!
And the small grain of sand, that had bothered him so,
Was a beautiful pearl, all richly aglow!

The tale has a moral, for isn't it grand,
What an oyster can do, with a morsel of sand?

What couldn't I do, if I'd only begin,
With all those things that get under my skin!

- Elizabeth Browning

*You can have anything you want,
if you want it desperately enough!
You must want it with an exuberance...
that erupts through the skin,
and joins the energy that created the world!*

Sheila Graham

Accept your Willpower!

*I am the Master of my Fate!
I am the Captain of my Soul!*

Henley

If you think you have no willpower, you are undermining your own success!

Everyone has willpower. The master key to developing your willpower is to accept its existence. You have willpower just as surely as you have life.

If someone were to put a large barbell weight on the floor in front of you and ask you to lift it and you knew you could not, you would not say "I have no strength." You'd say, "I'm not strong enough." This is more truthful language, because it implies that you could be strong enough if you worked at it, and it also implies that you do have strength.

It is the same with willpower. When you accept that little piece of chocolate cake, it is not because you have no willpower. It is only because you chose not to exercise it in that instance.

The first step toward building willpower is to celebrate the fact that you've got it. You've got willpower, just like you've got an arm. It might not be a very strong arm, but you do have an arm.

The second step is to know that your willpower, like your arm, is yours to develop. You are in charge of making it strong or letting it languish. It is not best strengthened by random external circumstances. Willpower is an inside game.

No one can give you willpower and self-discipline. You may be persuaded or inspired by someone to do something, but that someone cannot make you do anything, until you yourself determine to do so.

Nothing will happen until you generate the will to make it happen!

Why do we claim we have no willpower? It's a misguided desire to protect ourselves. There's a secret payoff in saying we have no willpower. Because if we absolutely deny the existence of willpower, we are no longer responsible for developing it. It's out of my life! What a relief!

Many people think of self-discipline as something akin to self-punishment. By giving it that negative connotation, they never get enthused about developing it. But author William Bennett gives us a different way to think of it. 'Self-discipline', he notes in *The Book of Virtues*, comes from the word 'disciple.' When you are self-disciplined, you have simply decided, in matters of the will, to become your own disciple. Once you make that decision, your life's adventure gets more interesting. You start to see yourself as a stronger person. You gain self-respect. Psychologist Abraham Heschel said, "Self-respect is the fruit of discipline. The sense of dignity grows with the ability to say no to oneself."

American Philosopher Ralph Waldo Emerson used to talk about the Sandwich Island Warriors, who believed that when they killed an enemy tribesman, the courage of that dead enemy passed into the killer's living body. He said that the same thing happens to us when we say no to a temptation. The power of that temptation passes into our willpower. When we resist a small temptation, we take on a small power. When we resist a huge temptation, we take on huge power.

William James has recommended that we do at least two things every day, that we need to do but don't do, to ensure that we keep our willpower alive. By doing this, we will continue to maintain the awareness of our will and willpower!

- Steve Chandler

The Dynamics of Goals

No one can predict
to what heights
you can soar...

Even you
will not realise it...

...until you
spread your wings!

The Dynamics of Goals

Aim at the Stars...

for even if
you fall short...

...you will
still land
on the Moon!

Five Questions that changed My Life!

In 1988, while attending a seminar featuring Tom Hopkins, a well-known international sales trainer, I learnt one of the most important lessons in life... 'the value of this life.' Tom captured the attention of nearly two thousand participants when he encouraged us to think about what this life was prepared to offer us, if we were only willing to pay the price. In an early morning session he said, "There are not many things you need to acquire to get the life you deserve. In fact, each of you in this room possesses all the ingredients necessary for success. But, more than any one thing, you must have a plan."

He then made the transition to a powerful series of questions, to which my answers were as under:

1. How valuable is your life to you? *Very.*
2. How important is the time, that your life gives to you? *Very.*
3. What has more value, this building in which you are seated or your life? *My life!*
4. How long do you think it took to 'plan' this building? *Eighteen months.*
5. Then what is your conclusion? *That if my life is more important than this building, why have I not spent eighteen months planning it? Why have I not even spent eighteen days? Or eighteen hours?*

My conclusions were clear. *If I were to make progress in my life with intent and purpose, I needed a plan. I had been successful, but I knew I'd barely tapped my potential. I wanted so much more.* After hearing Tom, I made the commitment to take concrete steps to develop a plan for my life.

- Todd Duncan

A classic example of Goal Setting!

One of the most dramatic examples documented of goal setting and its effect on achievement, is the story of John Goddard as told in Life Magazine in 1972. When he was fifteen years old, young Goddard overheard his grandmother say, "If only I had done more when I was young." Goddard resolved he would not grow old saying the same thing, regretting all the 'if onlys' in his life.

So he sat down and determined what he wanted to accomplish. He wrote out in detail 127 specific goals. He listed ten rivers he wanted to explore and seventeen mountains he wanted to climb. He wanted to visit every country in the world, learn to fly an airplane, retrace the travels of Marco Polo, ride a horse in the Pasadena Rose Bowl Parade, and have a career in medicine. Goddard also wanted to read the Bible and all the works of Plato, Aristotle, Dickens, Shakespeare, Churchill, and a dozen other authors of classic works.

He wanted to dive in a submarine, play the flute and violin, become an Eagle Scout, go on a church mission, marry and have children, and read the entire Encyclopedia Britannica. He committed his whole list to memory and could repeat it on request.

In 1972 at the age of forty-seven, John Goddard had realized 103 of his 127 goals. He built his whole life around setting and reaching his goals, and toured the world lecturing on his adventures and accomplishments.

Few of us have 127 goals committed to memory and being actively pursued. But what goals have you decided on and can you recite them on request?

Do you wake up early each morning with your major life goal on the tip of your tongue? If not, this should be your first major goal!

Hills Ahead

The hills ahead look hard and steep and high,
And often we behold them with a sigh.

But as we near them, level grows the road,
We find on every slope with every load,
The climb is not so steep, the top not so far,
The hills ahead look harder than they are.

And so it is with troubles, which seem so great,
That men complain and fear and hesitate.

Less difficult is the journey than we dreamed,
It never proves as hard, as once it seemed.
There never comes a task, a hill, a day,
But as we near it, easier is the way.

- Douglas Malloch

*If a man is called to be a streetsweeper,
he should sweep streets,
as Michelangelo painted,
or Beethoven composed music,
or Shakespeare wrote poetry.
He should sweep streets so well
that all the hosts of heaven and earth
will pause to say,
here lived a great streetsweeper
who did his job well.*

Martin Luther King, Jr.

Moving in the Right Direction!

*The message of these two stories
is worth remembering.*

A young couple lost on a rural road, spotted an old farmer. So they stopped the car and asked him a question, "Sir, could you tell us where this road will take us?"

Without a moment's hesitation the old farmer said, "Son, this road will take you anywhere in the world you want to go, if you are moving in the right direction."

*You can be on the right road
and still get run over if you are standing still!*

A young business executive took home some work to complete for an important meeting the next day. Every few minutes his five-year-old son would interrupt his chain of thought. After several such interruptions, the young executive spotted the evening paper with a map of the world on it. He took the map, tore it into a number of pieces, and told his son to put the map together again. He figured this would keep the little fellow busy for a long time and he could complete his work.

However, in about three minutes the boy excitedly told his dad he had finished. The young executive was astonished and asked the boy how he had done it so quickly. The little guy said, "There was a picture of a man on the other side, so I just turned it over and put the man together. When I got the man right, the world was right."

*Needless to say, when you get yourself right,
your world will also be right!*

Goals... Jigsaw Box-top!

Have you ever attempted to do a jigsaw puzzle without the 'box-top' as a guide?

If you were ever asked by somebody to do so, you would think him to be crazy.

Why is it, then, that we try to put our lives together without a '*box-top*'?

Goals are your 'box-top' to life.

They keep you focused and looking forward. Most importantly, they allow you to put the pieces together a lot more easily than if you tried to do so without any sort of guide.

And here's some great news. If you have managed to reach where you are now with no real focused plans and goals, just imagine what's in store for you down the track, once you decide to become more focused!

Pull the String!

The parachutists have a song...

*"It doesn't mean a thing...
...if you don't pull the string."*

Many a young man is like a closed parachute. He has great abilities, but he has never pulled the string of realisation.

Always remember, the word 'talent' is hidden in the word 'latent,' and all that you need to do is to switch the places of the two letters 't' and 'l'.

No Goals...No Game!

Let us visualize a scene of the deciding game of a Basketball Championship. The teams have taken their warm-up shots and are physically ready for the game. The adrenaline is flowing and it is obvious the players feel the excitement that goes with a championship game.

They go to their dressing rooms, where their coaches give them the last 'shot in the arm' before the action is to begin. "This is it, fellows, it's now or never! We win or lose, all tonight. Nobody remembers the best man at a wedding, and nobody remembers who came in second. You have to get it right, all tonight!"

The players respond. They're so charged up, they almost tear the doors off the hinges as they rush back to the court. As they get to the court they stop short, and in complete confusion which gives way to frustration and anger, they point out that the goals have been removed.

They angrily demand to know how they can play a game without the goals. They know that without goals, they would never know the score, never know whether they hit or missed, never know how they stacked up against competition and never know whether they were on or off the target. As a matter of fact, they wouldn't even attempt to play the basketball game without goals.

Those basketball goals are important, aren't they? What about you? Are you attempting to play the game of life without goals? If you are, what's the score?

- Zig Ziglar

Your Mission

If you cannot on the ocean
Sail among the swiftest fleet,
Rocking on the highest billows,
Laughing at the storms you meet.
You can stand among the sailors,
Anchored yet within the bay;
You can lend a hand to help them,
As they launch their boats away.

If you have not gold and silver
Ever ready to command;
If you cannot toward the needy
Reach an ever-open hand.
You can visit the afflicted,
Over the erring you can weep;
You can be a true disciple,
Sitting at the Saviour's feet.

If you cannot in the conflict
Prove yourself a soldier true;
If where the fire and smoke are thickest
There's no work for you to do.
When the battlefield is silent,
You can go with a careful tread;
You can bear away the wounded,
You can cover up the dead.

Do not then stand idly waiting
For some greater work to do;
Fortune is a lazy goddess,
She will never come to you.
Go and toil in any vineyard,
Do not fear to do or dare;
If you want a field to labour,
You can find it anywhere.

- Ellen M. Huntington Gates

*If one advances confidently
in the directions of his dreams...
and endeavours to live
the life which he has imagined...
he will meet with a success
unexpected in common hours!*

*If you have built castles
in the air...
your work need not be lost...
that is where they should be...
just endeavour to
put the foundations under them!*

Henry David Thoreau

Play the Columbus of your Life!

*'Today a New Year is born!
Today, you can be born anew,
if you discover yourself, the real you!
You are the most important person in the world!'*

Most people have not yet discovered this fact about themselves. The vast majority spend their days on earth, without ever coming to know the real self of their being.

Man is the product of an all-wise Creator, who brought us into the world for successful living. We were made to succeed. We have been equipped as has no other product of nature. We defy the Great Architect of all, when we fail to use the tools and tap the tremendous power supply with which we were endowed at birth. Success is our birthright. Only a small percentage of people exercise this birthright during their lifetime,

Scientists and psychologists tell us that the average person uses only a small percentage of his mind's potential. Actually this percentage is around 3% to 10%.

We know all there is to know about our hobbies, our sports and many of the material things about us, but we have failed miserably to play the 'Columbus' of our own life and discover self.

*All of the great men and women of the world
since the dawn of civilization first discovered self,
before they achieved distinction in the field of
endeavour for which we remember them!*

- Napoleon Hill

Processionary Caterpillars

*A man or a woman without a goal
is like a ship without a rudder!
Each will drift and not drive.
Each will end up on the beaches of
despair, defeat and despondency.*

John Henry Fabre, the great French naturalist, conducted a most unusual experiment with some processionary caterpillars. These caterpillars blindly follow the one in front of them. Hence, the name.

Fabre carefully arranged them in a circle around the rim of a flowerpot, so that the lead caterpillar actually touched the last one, making a complete circle. In the center of the flowerpot he put pine needles, which is food for the processionary caterpillar. The caterpillars started around this circular flowerpot. Around and around they went, hour after hour, day after day, night after night. For seven full days and seven full nights they went around the flowerpot. Finally, they dropped dead of starvation and exhaustion. With an abundance of food less than six inches away, they literally starved to death, because they confused activity with accomplishment.

Many people make the same mistake and as a result, reap only a small fraction of the harvest life has to offer. They follow methods and procedures for no other reason than, "It's always been done that way."

Despite the fact that untold wealth lies within reach, they acquire very little of it, because like the 'processionary caterpillars' they blindly, without question, follow the crowd in a circle of nowhere!

The Bridge Builder

An old man, going along a lone highway,
Came, at the evening, cold and gray,
To a chasm, vast, and deep, and wide,
Through which was flowing a sullen tide.

The old man crossed in the twilight dim,
The sullen stream had no fears for him;
But he turned, when safe on the other side,
And built a bridge to span the tide.

“Old man,” said a fellow pilgrim, near,
“You are wasting strength with building here;
Your journey will end with the ending day,
You never again must pass this way;
You have crossed the chasm, deep and wide,
Why build the bridge at the eventide?”

The builder lifted his old gray head,
“Good friend, in the path I have come,” he said,
“There followeth after me today,
A youth, whose feet must pass this way.
This chasm, that has been naught to me,
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;
Good friend, I am building the bridge for him.”

- Will Allen Dromgoole

✓ Burn your escape boats! "

In order to achieve your goals, you must have total commitment. This message can be best appreciated from this 2000-year-old Chinese story from 'The Art of War' by Sun Tzu.

In his book, Sun Tzu shares the tale of a troop leader and his troops preparing to invade an island. They arrive on the island in ten small boats, ready and prepared to take on the enemy. To get to the township on the island, they have to climb a small hill.

Just before they reach the top of the hill and start their onslaught, the troop leader tells his men to turn around and look at the boats they have just arrived in. To their horror, the boats are on fire. The troop leader has burnt and sunk their only means of escape.

How do you think these men will now go into the attack? How much more resilient will they be when suffering casualties? How much more determined do you think they will be, whichever way the attack goes?

If you are serious about commitment, either in a relationship, your career, or for that matter, anything, you must decide to burn the escape boats in your life. Because if they are available, you will be tempted to use them at the first sign of trouble, thus preventing you to effectively achieve your goals.

*If a man hasn't discovered something,
that he will die for, he isn't fit to live!*

Martin Luther King

Goals are the Fuel!

A person without goals is like a ship without a rudder, drifting aimlessly and always in danger of ending up on the rocks. A person with goals is like a ship with a rudder, guided by a captain with a map, a compass, and a destination, sailing straight and true toward a port of his own choosing.

Thomas Carlyle wrote that "a man with a half volition goes back and forth and makes no progress on even the smoothest road, whereas a person with a full volition moves ahead steadily no matter how difficult the path."

Human beings, you and I, are goal-centered organisms. We are teleological in that we are motivated by purposes, by desired end states. We are engineered mentally to move progressively and successively from one goal to the next, and we are never really happy unless and until, we are moving towards the accomplishment of something that is important to us.

Your brain has within it a goal-seeking mechanism that guides and directs you unerringly over time, towards the accomplishment of your objectives. The cybernetic faculty is like the guidance system in a missile; it continually takes in feedback from the target and automatically corrects your course. Because of this mechanism in your brain, you accomplish almost any goal you set for yourself, as long as the goal is clear and you persist long enough. The process of achieving your goals is almost automatic. It is goal setting in the first place that seems to be the big problem for most people.

It is a truism that each of us is achieving the goals we have set. You are where you are and what you are, because you have decided to be there. Your thoughts, your actions and your behaviour have got you to your present position in life, and they could have brought you to no other place, rightly considered.

- Brian Tracy

Vision for Holistic Health!

The ability to set goals and to make plans for their accomplishment is the master skill of success!

Developing this skill will do more to ensure your success than anything else you could ever do. Success equals goals, and all else is commentary. Intense goal orientation is an essential characteristic of all high-achieving men and women, in every study, in every field.

It is not possible to realize even a fraction of your potential, until you have learned how to set and achieve goals, as normally and as naturally as you brush your teeth or comb your hair in the morning.

Goal setting is the key to effective planning. It illuminates the road to success just as runway lights illuminate the landing field for an incoming aircraft.

Through goal setting:

- You can direct your time, energy, talents, and skills into the areas where they will be most effective in taking you toward your vision.
- You can make the most effective use of your congenial competencies, using them to establish a meaningful pattern of success.
- You can identify the results you expect to achieve, measure your progress toward these results, and make midcourse corrections where necessary to assure the achievement of the results.
- You can identify the obstacles in the pathway of success and deal with them more effectively.

Your vision should encompass every aspect of your life, because your future involves every aspect of your life. Therefore, you will need to set goals in different areas of life.

Your vision should be holistic, taking into account your physical, mental and spiritual health!

- Nido R. Qubein

The Magic of Motivation

Do you realise
that your
greatest
weakness is...

...not realising
your own
strengths?

The Magic of Motivation

It is better
to light a candle...
...than to
curse the darkness.

Because no amount
of darkness...
...can blow
the candle away!

080 VAT

The Dynamo of Motivation!

There was a young boy who used to come for regular practice, but always played in the reserves and never made it to his school soccer eleven. While he was practicing, his father used to sit at one end, waiting for him.

The matches had started and for four days, he didn't show up for practice or the quarter or semifinals. All of a sudden he showed up for the finals, went to the coach and said, "Coach, you have always kept me in the reserves. But today, please let me play."

The coach said, "Son, I'm sorry, I can't let you. There are better players than you and besides, it is the finals. I cannot take a chance." The boy pleaded, "Coach, I promise I will not let you down. I beg of you, please let me play".

The coach had never seen the boy plead like this before. He said, "Ok, son, go, play. But remember, I am going against my better judgement and the reputation of the school is at stake. Don't let me down."

The game started and the boy played with amazing power. Every time he got the ball, he shot a goal. Needless to say, his team recorded a glorious win and he was declared 'player of the match.'

When the game finished, the coach went up to him and said, "Son, how could I have faltered in my judgement? I have never seen you play like this before. How did you play so well?" The boy replied, "Coach, my father was watching me today."

The coach turned around and looked at the place where the boy's father used to sit. There was no one there.

He said, "Son, your father used to sit there when you came for practice, but I don't see anyone there today."

The boy replied, "Coach, there is something I never told you. My father was blind. Just four days ago, he died. Today is the first day, he was watching me from the heavens above! And I wanted him to see, that I could do it!"

This is a classic example of what the amazing power of motivation can achieve! Motivation is one of the greatest driving forces for success in life!

~~1-70-202~~ 50 PAT.P

The Creed of an Optimist!

*The Optimist Club has adopted a Creed, called
'The Attitude of an Optimist'...
a simple Prayer or Affirmation that can
go to revolutionize your life!*

- To be so strong that nothing can disturb my peace of mind.
- To talk health, happiness and prosperity to every person I meet.
- To make all my friends feel there is something in them.
- To look at the sunny side of everything and make my optimism come true.
- To think only the best, to work only for the best, and accept only the best.
- To be just as enthusiastic about the success of others as I am of my own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheery countenance at all times and give every living creature I meet a smile.
- To give so much time to the improvement of myself that I have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear and too happy to permit the pressure of trouble.

Be the Best of whatever you are!

If you can't be a pine on the top of the hill,
Be a scrub in the valley, but be
The best little scrub by the side of the rill;
Be a bush if you can't be a tree.

If you can't be a bush, be a bit of the grass,
Some highway happier make;
If you can't be a muskie, then just be a bass,
But the liveliest bass in the lake!

We can't all be captains, we've got to be crew,
There's something for all of us here,
There's big work to do, and there's lesser to do,
And the task we must do is the near.

If you can't be a highway, then just be a trail,
If you can't be the sun, be a star;
It isn't by size that you win or you fail,
Be the best of whatever you are!

- Douglas Malloch

*The magic and charm of imagination,
and the power it gives
to the individual to transform his world
into a new world of order and delight,
makes it one of the most treasured
of all human capacities!*

Frank Barron



Food for the Mind and Soul

Question, please!

“Did you eat anything last month?

What about last week? Yesterday? Today?

You are bound to be quite puzzled with these questions. Of course, you ate last month, last week, yesterday and today. Do you plan to eat tomorrow?

If you do, does that mean what you ate today was no good? Absolutely not! It simply means what you ate today is for today.

The average person not only eats every day but, generally speaking, he eats his meals on schedule. In fact, if a person gets busy and misses a meal, he generally tells anyone who will listen, “You know what? I was so busy yesterday I didn’t even have time to eat lunch.” Then he repeats it to ensure his listener got the message. To him, it’s a big deal to miss a meal and he wants others to be aware of his ‘sacrifice.’

Suppose the same individual was asked about his mental or spiritual appetite? “When is the last time you purposefully, on a pre-determined schedule, feed your own mind or soul?”

What do you think his answer would be? For that matter, what is your answer?

*It is as important to nourish your mind and soul,
as it is to feed your body!*

*Just as your body needs hygienic,
wholesome and nutritious food to keep it
healthy and fit, so do your mind and soul.
Do not feed them junk or garbage.*

*Inspirational and motivational readings,
discourses, music and other audio-visual treats
that cheer up your mind and lift your spirits
should be top on your menu order.*

Get that Music out!

Shinichi Suzuki is an unusual Japanese scientist, who performs what many people consider to be one of the miracles of our time.

He takes babies a few weeks old and starts playing beautiful, recorded music next to their beds. He plays the same tune many times and after about thirty days he repeats the procedure with another recording. He continues this process until the infant is about two years old. At that time, he starts about three months of music lessons for mother, with the two-year-old as an observer. Next he puts a miniature violin in the hands of the child, who begins to get the feel of the instrument while learning bow movements. This first lesson lasts only two or three minutes. From there they gradually build up to an hour. By the time the child is old enough to learn that the violin is supposed to be difficult to play, he has already mastered it and is having fun in the process.

Recently Professor Suzuki conducted a concert with some 1,500 of these Japanese children performing. Average age of the children was about seven and they exquisitely played the classics, Beethoven, Mozart, Vivaldi.

Suzuki emphasizes that every child has a talent, which can be developed by following the same procedures we use in teaching children to speak. A baby is around older people who constantly talk, so the first step is exposure. Next, the baby tries to talk which is imitation. Friends and relatives brag on the baby, which gives encouragement and motivates the baby to try again. This is the process of repetition. Then the baby starts adding words and typing them together into phrases or sentences. This procedure is refinement. At age three or four, the child has quite a vocabulary and still can't read a word. Professor Suzuki maintains that virtually anything can be learned by the same method.

Your rewards in life are due more to your behaviour than to your birth. Also, your behaviour is tremendously influenced by the company you keep and by what you put in, or permit to be put in your mind.

The Biggest Tragedy!

A number of years ago oil was discovered on some Oklahoma property that belonged to an old Red Indian. All of his life the old Indian had been poverty stricken, but the discovery of oil suddenly made him a very wealthy man. One of the first things he did was buy himself a big Cadillac touring car. He bought an Abraham Lincoln stovepipe hat, added tails and a bow tie and completed his outfit with a big black cigar.

Every day he would drive into the hot, dusty, little Oklahoma cow-town that was nearby. He wanted to see everyone, and be seen by everyone. He was a friendly old soul, so when riding through the town he would turn both left and right to speak to everyone in sight.

As a matter of fact, he would turn all the way around and speak to folks. Interestingly enough, he never ran into anybody or over anybody. He never did any physical damage or any property damage. The reason is simple. Directly in front of that big beautiful automobile, there were two horses...pulling it.

Local mechanics said there was nothing wrong with the car's engine, but the old Indian never learned how to insert the key and switch on the ignition. Inside the car were a hundred horses...ready, willing and raring to go, but the old Indian was using two horses on the outside.

Many people make the mistake of looking outside to find two horsepower, when they should look inside where they have over a hundred. Psychologists tell us this is about the ratio of the ability we have to the ability we use, 2 to 5%.

The average person goes to his grave with his music still in him. So, unfortunately, the most beautiful melodies of all are the unplayed ones!

*The biggest tragedy for a nation
is not the great waste of natural resources,
though this is tragic. But, the biggest tragedy is
the waste of human resources!*

- Zig Ziglar

Risks

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas, your dreams,
before a crowd is to risk their loss.

To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.

But risks must be taken,
because the greatest hazard in life is to risk nothing.
The person who risks nothing,
does nothing, has nothing, and is nothing.

They may avoid suffering and sorrow,
but they cannot learn, feel, change, grow, love or live.
Chained by their attitudes, they are slaves,
they have forfeited their freedom.
Only a person who risks is free!

' Always remember...

*Every challenge or adversity
carries the seed
of an opportunity
that can be transformed
into prosperity!*

*Just as a kite rises
against the wind,
even the worst of troubles
can strengthen us! ,*

Winston Churchill

Motivating Thoughts!

Motivation comes from thought. Every act we take is preceded by a thought that inspires that act. And when we quit thinking, we lose the motivation to act. We eventually slip into pessimism... a downward spiral of negativity and passivity, feeding on each other.

This example amply illustrates the power of persevering in thought:

Let's say a pessimist has made up his mind to clean his garage on a Saturday morning. He wakes up and walks out to the garage and opens the door and is shocked to see just how much of a mess it is. "Forget this!" the pessimist says with disgust. "No one could clean this garage in one day!" And at that point the pessimist slams the garage door shut and goes back inside to do something else.

Now let's look at how the optimist would face the same problem. He wakes up on the same morning and goes to the same garage and sees the same mess and even utters the same first words to himself, "Forget this! No one could clean this garage in one day!"

But this is where the key difference between an optimist and a pessimist shows itself. Instead of going back into the house, the optimist keeps thinking. "Okay, so I can't clean the whole garage," he says, "What could I do that would make a difference?" He looks for awhile, and thinks things over. Finally it occurs to him that he could break the garage down into four sections and do just one section today. "For sure I'll do one today," he says, "and even if I only do one section each Saturday, I'll have the whole garage in great shape before the month is over."

A month later, you see a pessimist with a filthy garage and an optimist with a clean garage.

- Steve Chandler

Enthusiasm can move Men & Mountains!

*Enthusiasm is the mainspring of perseverance.
It can move men and mountains!*

Unless sustained by enthusiasm, many people would be apt to give in at the first sign of opposition or setback and stop short of the goal, when, only with a little more persistence, they would have found success just round the corner.

Moreover, enthusiasm has an infectious quality. An enthusiastic person easily communicates his enthusiasm to others. He not only generates power for himself, but also for his employees and associates. He is a human dynamo who electrifies his whole organisation. He not only issues orders but also radiates strength, hope and confidence to those who come in contact with him. Thereby, he keeps up their morale and creates in them an inner urge to give their zealous co-operation and support in the accomplishment of the common task.

Enthusiasm unlocks stores of energy as nothing else will. In the form known as drive, it is the indispensable ally of anyone who is holding a managerial position and is responsible for getting things done. He must himself be enthusiastic if he wants others to be enthusiastic.

Enthusiasm should be kept alive as long as possible. It is the distinguishing feature of youth, and if you can keep it up, you will retain your mental faculties in a youthful condition even when the body has grown old.

Do remember that the English word 'enthusiasm' comes from two Greek words... 'en' meaning 'in' and 'theos' meaning 'God', which would literally mean 'God within.' You only need to awake and realise this omnipotent power within you!

*Every thinking person should empower his life
and work with enthusiasm!*

- Andre Maurois

Encouraging Self-talk!

Our minds are powerful, but they are also our slaves. They hear without bias and respond without reference to positive or negative input. If our language is negative, no matter how hard we may try to get rich, lose weight, stay off drugs, or thrive in a relationship, we won't succeed. Why? Because our language becomes a co-conspirator in the fine art of emotional sabotage.

Since our self-image is stored in the subconscious mind, and since it believes the information it stores is true, whether true or not, it is imperative that we send our minds positive images and pictures, even when they do not represent current reality. All new behaviours start in the mind...the imagination...and then work their way outward into reality. What you think is what you get!

Our 'self-image,' that picture we hold of ourselves in our minds, is the platform from which all our actions flow. Each action, feeling and behaviour cannot but be consistent with this image on our internal mirrors. To change our results, we must change the negative blueprint we have created over time.

Since repetition created the state of our current image, it will also take repetition to change our state of mind from unhealthy to healthy. This is where most of us break down. We simply don't muster the stamina or the faith to repeat the right behaviours and actions long enough to create a healthy self-image, that can lead us to become more than we think we are.

We must build and modify our self-image through encouraging self-talk...those words and pictures that trigger the positive images to give us the power to move in the right direction.

Over time, these new directions lead us to feel better about ourselves, enhance our character, and release within us the power to be our best!

- Todd Duncan

Equipment

Figure it out for yourself, my lad,
You've all that the greatest of men have had,
 Two arms, two hands, two legs, two eyes,
 And a brain to use if you would be wise.
With this equipment they all began,
Do start from the top and say, 'I can!'

Look them over, the wise and the great,
They take their food from a common plate,
 And similar knives and forks they use,
 With similar laces they tie their shoes.
The world considers them brave and smart,
But you've all they had, when they made their start.

You can triumph and come to skill,
You can be great if you only will.
 You're well equipped for what fight you choose,
 You have arms and legs and a brain to use...
And the man who has risen great deeds to do,
Began his life with no more than you.

You are the handicap you must face,
You are the one, who must choose his place,
 You must say where you want to go,
 How much you will study, the truth to know.
God has equipped you for life, but He
Lets you decide what you want to be.

Courage must come from the soul within,
The man must furnish the will to win.
 So figure it out for yourself, my lad,
 You were born with all that the great have had.
With your equipment they all began.
Get hold of yourself, and say, 'I can!'

- Edgar Guest

Conditioning & Habits

Think of the mighty elephant who can lift in excess of a ton of weight with just its trunk. How do they condition the elephant to stay in one place with a weak rope and a post? The elephant, when it is a baby, is tied to a strong chain and a strong tree. The baby is weak but the chain and tree are strong. The baby is not used to being tied. So it keeps tugging and pulling the chain, all in vain. A day comes when it realizes that all the tugging and pulling will not help. It stops and stands still. Now it is conditioned.

And when the baby elephant becomes the mighty giant elephant, he is tied with a weak rope and a small post. The elephant could, with one tug, walk away free, but it goes nowhere, because it has been conditioned.

Most of our behaviour also comes as a result of our conditioning, it is habitual. If we want to do anything well, it must become automatic. That means we must make it a habit. It is our responsibility to condition ourselves in a positive manner, by cultivating good habits.

Always remember...
Good Habits are difficult to acquire,
but easy to live with!
Bad Habits are easy to acquire,
but difficult to live with!

There are people...who make things happen!
There are people...who watch what happens!
There are people...who wonder 'what happened?'
Be the man to make things happen!
Be the Creator...not a Creature of Circumstances!

Burning Desire to Succeed!

The motivation to succeed comes from the burning desire to achieve a purpose! This eternal truth propounded in these golden words of Napoleon Hill, needs to be etched in our minds and hearts, "Whatever the mind of man can conceive and believe, it can achieve!"

A young man asked Socrates the secret of success. Socrates told the young man to meet him near the river the next morning. They met. Socrates asked the young man to walk with him into the river. When the water got up their neck, Socrates took the young man surprise and ducked him into the water.

The boy struggled to get out, but Socrates was strong and kept him there until the boy started turning blue. Socrates pulled his head out of the water and the first thing the young man did was to gasp and take a deep breath of air.

Socrates asked him, "What did you want the most when you were there?"

The boy replied, "Air."

Socrates said, "That is the Secret of Success. When you want success as badly as you wanted air when your head was under water, then you will get it!"

There is no failure, except no longer trying...

There is no defeat, except from within...

No really insurmountable barrier...

Except our own inherent weakness of purpose!

The Power of Perseverance

Every job is
a self-portrait...

...of the person
who does it...

Autograph your work
with Excellence!

The Power of Perseverance

The heights
by great men
reached and kept...

...were not attained
by sudden flight,

But they, while their
companions slept...

...were toiling upwards
in the night.

Triumphs don't come without Struggle!

A biology teacher was teaching his students how a caterpillar turns into a butterfly. He told the students that in the next couple of hours, the butterfly would struggle to come out of the cocoon, but no one should help the butterfly. Then he left.

The students were waiting and it happened. The butterfly struggled to get out of the cocoon, and one of the students took pity on it and decided to help the butterfly out of the cocoon against the advice of his teacher. He broke the cocoon to help the butterfly so it didn't have to struggle anymore. But shortly afterwards the butterfly died.

When the teacher returned, he was told what happened. He explained to this student that by helping the butterfly, he had actually killed it because it is a law of nature that the struggle to come out of the cocoon actually helps develop and strengthen its wings. The boy had deprived the butterfly of its struggle and the butterfly died.

Let us learn the message from this story. Nothing worthwhile in life comes without a struggle. As parents, we often tend to hurt the upbringing of our children, when we do not allow them to struggle to gain the strength of experience.

Trials in life can be tragedies or triumphs, depending on how we handle them. And Triumphs don't come without effort or struggle!

Sharpen your Axe!

*A young man who graduated yesterday
and stops learning today
will become uneducated tomorrow*

} ②

John, a woodcutter, worked for a Company for five years but never got a rise. The Company hired Bill and within a year he got a promotion. This caused resentment in John and he went to his Boss to talk about it. The Boss said, "You are still cutting the same number of trees you were cutting five years ago. We are a result-oriented company and would be happy to give you a rise if your productivity goes up."

John went back started hitting harder and putting in longer hours but he still wasn't able to cut more trees. He went back to his Boss and told him his dilemma. The Boss asked John to go and talk to Bill. "Maybe there is something Bill knows that you and I don't."

John asked Bill how he managed to cut more trees. Bill answered, "After every tree I cut, I take a break for two minutes and 'sharpen my axe.' When was the last time you sharpened your axe?" This question hit home like a bullet and John got his answer.

'When was the last time you sharpened your axe?' If you want to progress in life, you cannot rest on your past laurels. You must continuously sharpen your axe of knowledge, skill and expertise, in whatever field of activity you may be!

*I long to accomplish great and noble tasks...
but it is my chief duty to accomplish small tasks
as if they were great and noble!*

Martin Luther King, Jr.

Keep Swimming!

Two frogs fell into a deep cream bowl.
One was an optimistic soul.

But the other took the gloomy view.
“We’ll drown,” he lamented without much ado,
and with a last despairing cry,
he flung up his legs and said, “Goodbye.”

Quote the other frog with a steadfast grin,
“I can’t get out but I won’t give in,
I’ll just swim around till my strength is spent,
then I’ll die the more content.”

Bravely he swam to work his scheme,
and his struggles began to churn the cream.

The more he swam, his legs a flutter,
the more the cream turned into butter.

On top of the butter at last he stopped,
and out of the bowl he gaily hopped.

What is the moral? It’s easily found...
If you can’t hop out, keep swimming around!

*Nothing in the world
can take the place of persistence!
Talent will not...nothing is more common,
than unsuccessful men with talent.
Genius will not...
unrewarded genius is almost a proverb.
Education will not...
the world is full of educated derelicts.
Persistence and determination alone
are omnipotent!*

President Calvin Coolidge

One Step at a Time!

A small boy, wandering in the forest got lost, and before he realised, it became pitch dark.

The boy saw an old man sitting under a tree. He went to him and said, "I am lost in the forest and it is night time. Can you guide me how to reach home?"

The old man had a lighted candle. He gave it to the boy and said, "Here is the light. Take it. Guided by this, you can reach your home."

The boy exclaimed, "But the candle light is very dim and small. How can I cross this dense forest?"

The old man replied, "My dear child, the candle light, though dim and small, will light one step at a time. Taking one step each, you will reach home."

The boy followed the old man's advice and proceeding through the forest one step at a time in the candlelight, he could overcome the obstacles on the way and safely reached his home.

The miracle of successful living is that each small step towards success, attracts more success. Success is a journey and not a destination!

Taking support of the light of knowledge and learning, we can go ahead on our journey of life, step by step, successfully overcoming all the obstacles that come across our way!

***Remember the Old Chinese Proverb:
'A Journey of a thousand miles begins
with just a single step!'***

Patience & Persistence

Do you know one of the most incredible stories of patience and persistence? One man proved his point. When he was seven years old, his family was forced out of their home on a legal technicality, and he had to work to help support them. His mother died when he was nine years old. At twenty-two, he lost his job as a store clerk. He wanted to go to law school, but his education wasn't good enough. At twenty-three, he went into debt to become a partner in a small store. At twenty-six, his business partner died, leaving him a huge debt that took years to repay. At twenty-eight, after courting a girl for four years, he asked her to marry him. She said no.

At thirty-seven, on his third try, he was elected to Congress, but two years later he failed to win re-election. When he was forty-one, his four-year-old son died. At forty-five, he ran for the Senate and lost. At forty-seven, he failed as the vice-presidential candidate for his party. At forty-nine, he ran for the Senate again and lost. At fifty-one, he was elected President of the United States. His name was Abraham Lincoln, a man many have considered being one of the greatest leaders.

What an inspiring story of perseverance! Lincoln regarded his lifetime of unsavoury results as building blocks, not stumbling stones. What's the lesson here for you? It is one of encouragement, because you too, can tunnel through your difficulties, overcome your obstacles, and, with God's help, make it to the top.

Lincoln is not the only model in a galaxy of stars, who exercised patience in overcoming the odds.

- The great scientist Thomas Edison performed more than fourteen thousand experiments in the process of inventing and perfecting the light bulb.
- Colonel Sanders of the famous 'Kentucky Fried Chicken' tried to sell his recipe to more than one thousand people before someone actually bought it.
- Orville Redenbacher conducted more than thirty-five hundred experiments before his lighter, fluffier popcorn was invented. He later sold his patent to Hunt-Wesson Foods for more than \$300 million.

Focus & Concentration

The highest ability accomplishes but little, if scattered on a multiplicity of objects. Momentum in physics, if properly directed, will drive a tallow candle through an inch board. The general who scatters his soldiers all about the country ensures defeat, so does he whose attention is diffused through innumerable channels, so that it cannot gather in force on any one point.

The human mind, resembles a burning glass, whose rays are intense only as they are concentrated. As the glass burns only when its rays are converged to a focal point, so the mind illumines the world of science, literature or business, only when it is directed to a solitary object.

What is more powerless than the scattered clouds of steam as they rise to the sky? They are as impotent as the dewdrops that fall nightly upon the earth...but concentrated and condensed in a steam boiler, they are able to cut through solid rock, propel out atomic ships, and to accomplish the seemingly impossible.

A laser is a weak source of energy. A laser takes just a few watts of energy to focus its rays in a coherent stream of light. But with a laser, you can drill a hole in a diamond or wide out a cancer. When we focus, we create the same effect. We create a powerful, laser-like ability to get anything done in our lives that we desire.

If you want to lose weight, you must be focused. If you want to create wealth, you must be focused. If you want to have a vital marriage, you must be focused. If you want to enjoy intimacy with God, you must be focused. Focus is everything. Without focus, you will live a life of mediocrity.

As you concentrate your focus on those things that are important to you, your values, attitudes, choices, and affirmations begin to work together. This process is called synergism, proof positive, that the whole is always greater and more powerful than the sum of its parts.

- James Bryant Conant

Never say Quit!

When things go wrong, as they sometimes will,
When the road you are trudging seems all uphill.

When the funds are low and debts are high,
And you want to smile, but you have to sigh.

When care is pressing, you're down a bit,
Rest if you must, but never quit.

Life is queer, with its twists and turns,
As every one of us, sometimes learns.

And many a fellow turns about,
When he might have won, if he had stuck it out.

Stick to your task, though the pace seems slow,
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man.

Often the struggler has given up,
When he might have captured the victor's cup.

And he learned too late, when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out,
The silver tints of the clouds of doubt.

And you never can tell how close you are,
It may be near when it seems afar.

So stick to the fight when you are hardest hit,
It's when things seem worst, that you must never quit!

- Edwin Markham

*When faced with a mountain
I will not quit!*

*I will keep on striving...
until I climb over,
find a pass through,
tunnel underneath,
or simply stay
and turn the mountain
into a gold mine
with God's help!*

Dr. Robert Schuller

Shake it off and Step up!

A parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying'. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving.

Instead, he called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step up! This he did, blow after blow.

"Shake it off and step up... shake it off and step up... shake it off and step up," he repeated to encourage himself. No matter how painful the blows, or distressing the situation seemed, the old mule fought panic and just kept right on shaking it off and stepping up!

You're right! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him, actually blessed him. All because of the manner in which he handled his adversity.

Too often we hold on to what has happened to us. We cannot shake it loose from our memory. It eats away our joy, happiness and peace of mind. The past hurt can create feelings of bitterness, resentment, anger and revenge. If we allow these emotions to pile up, we will be buried deep in the well of misery.

But, we have a choice... to shake it off and step up. The cure is to accept what has happened, try to make sense out of it, learn from it, then shake it off and step up. You have to decide whether you will allow the hurt to make you a bitter or a better person!

It's all in your hands!

*Man was designed for accomplishment,
engineered for success
and endowed with the seeds of greatness!*

When you adopt this belief you will discover that there will be no need to blame any one for any problem. In short, you will be on your own way to success, because you will have discovered that you can always find a capable helping hand at the end of your own sleeve. You often see people who don't succeed, but you would seldom see one who can't succeed.

*Always remember this simple but eternal truth...
'Your future is in capable hands...yours!'*

Perhaps an apt parable will help you see this point.

High on a hilltop, overlooking the beautiful city of Venice, Italy, there lived an old wise man. Legend had it he could answer any question anyone might ask of him. Two of the local boys figured they could fool the old man, so they caught a small bird and headed for his residence. One of the boys held the little bird in his hands and asked him if the bird was dead or alive.

Without hesitation the old man said, "Son, if I say to you that the bird is alive, you will close your hands and crush him to death. If I say the bird is dead, you will open your hands and he will fly away. You see, Son, in your hands you hold the power of life and death".

Always remember this without any qualifications and with no mental reservations whatsoever... 'In your hands you hold the seeds of failure or the potential for greatness.' Your hands are capable and they must be used, for the right things, to reap the rewards you are capable of attaining!

Perseverance

Genius, that power which dazzles mortal eyes,
Is oft but perseverance in disguise.

Continuous effort, itself, implies,
In spite of countless falls, the power to rise.

'Twixt failure and success, the point's so fine,
Men sometimes know not, when they touch the line.

Just when the pearl was waiting one more plunge,
How many a struggler has thrown up the sponge!

- Edward Hale

*✓ Courage is something, you can never lose!
Because courage is something, you can always choose!
Good timber does not grow with ease!
The stronger the wind, the stronger the trees! ✓*

Forever in pursuit of Excellence!

Michelangelo was working on a statue for several days taking great pains to give finishing touches to the minutest details. One of his disciples who was observing this asked, why the great artiste was devoting so much time on 'trifles,' which were so insignificant.

Michelangelo replied, "*Trifles make Perfection, but Perfection is no Trifle!*"

*Excellence is achieved only when the performer takes pride in doing his best. Every job is a self-portrait of the person who does it ...regardless of what the job is, small or big. Autograph your Work with Excellence!
Be forever in pursuit of Excellence!*

Yours is the Earth....

If you can keep your head, when all around you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too.

If you can dream and not make dreams your master,
If you can think and not make thoughts your aim;
If you can meet with triumph and disaster,
And treat those two impostors just the same.

If you can make one heap of all your winnings,
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss.

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them, "Hold on".

If you can talk with crowds and keep your virtue,
Or walk with kings nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much.

If you can fill the unforgiving minute,
With sixty seconds worth of distance run,
Yours is the Earth and everything that's in it,
And which is more, you'll be a man, my son!

- Rudyard Kipling

How to face your Fears!

"The only thing we have to fear... is fear itself."

Franklin D. Roosevelt

Fear can be a hindrance to success. If allowed to control our lives, fear can be a permanent detour on the success journey, stopping us from making any progress. Take a look at the pattern, fear can create in a person's life:

Fear breeds Inaction...Inaction leads to Inexperience... Inexperience generates Inability... and Inability creates fear. When it comes to dealing with fear, you have three choices.

First, you can try to avoid it altogether. But that means staying away from every known or potential fear-producing person, place, thing, or situation. That's neither practical nor productive.

The second way to deal with fear is to hope that it will go away. But that's like hoping for a fairy godmother to rescue you.

Fortunately, there is a third way to deal with fear, and that is to face it and overcome it. In the end, that's the only method that really works.

Most of the fears we face every day are not based on facts. They are generated by our feelings. For example, a study conducted by the University of Michigan showed the following:

- 60 percent of our fears are totally unwarranted, they never come to pass.
- 20 percent of our fears are focused on our past, which is completely out of our control.
- 10 percent of our fears are based on things so petty that they make no difference in our lives.
- Of the remaining 10 percent, only 4 to 5 percent could be considered justifiable.

These statistics show that any time or energy you give to fear is totally wasted and counterproductive 95 percent of the time.

Are you afraid of swimming in water, flying in an airplane, appearing for an interview? Try this process and technique for overcoming fear, which can work wonders for you:

If you are afraid of swimming, begin now to sit still for five or ten minutes three or four times a day, and imagine you are swimming. Actually, you are swimming in your mind. It is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs.

It is all real, vivid, and a joyous activity of the mind. It is not idle daydreaming, for you know that what you are experiencing in your imagination will be developed in your subconscious mind. Then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind. This is the law of the subconscious.

You could apply the same technique if you are afraid of mountains or high places. Imagine you are climbing the mountain, feel the reality of it all, enjoy the scenery, knowing that as you continue to do this mentally, you will do it physically with ease and comfort.

Ralph Waldo Emerson, philosopher and poet, has said, "Do the thing you are afraid to, and the death of fear is certain." When you affirm positively that you are going to master your fears, and you come to a definite decision in your conscious mind, you release the omnipotent power of the subconscious, which flows in response to the nature of your thought. *Always remember, that the things you fear do not really exist except as thoughts in your mind!*

John C. Maxwell

*Our greatest glory is not in never failing...
...but in rising, every time we fall!*

Oliver Goldsmith

The Warmth of Compassion

A House is built
by hands...

...but a Home is built
by hearts!

You can live
without something...

...if you have
someone to live for!

The Warmth of Compassion

A Smile is
a gently curved line...

...that can set
a lot of things
straight!

Home is where there's one to love us!

Home is not merely four square walls,
Though with pictures hung and gilded.
Home is where, affection calls,
Filled with shrines the heart has builded!

Home! Go watch the faithful dove,
Sailing beneath the heaven above us.
Home is where, there's one to love!
Home is where, there's one to love us!

Home is not merely roof and room,
It needs something to endear it.
Home is where, the heart can bloom,
Where there's some kind lip to cheer it!

What is home with none to meet,
None to welcome, none to greet us?
Home is sweet and only sweet
Where there's one, we love to meet us!

- Charles Swain

*Home joys are known in simple things,
In friends that share a cup of tea!
In books that waken old, old dreams,
And songs that stir the memory!*

Alfred Tennyson

Do something for somebody!

Do something for somebody, somewhere,
while jogging along life's road.
Help someone to carry his burden,
and lighter will grow your load.

Do something for somebody, gladly,
it will sweeten your every care.
In sharing the sorrows of others,
your own are less hard to bear.

Do something for somebody, striving
to help where the way seems long.
And the sorrowful hearts that languish,
cheer up with a little song.

Do something for somebody, always,
whatever may be your creed.
There's nothing on earth that can help you
So much as a kindly deed.

- Harold Abbott

*There are two kinds of people
in this world...
Givers and Takers!
The Givers eat well...
but the Takers sleep well!*

The greatest good...

A New York businessman dropped a dollar into the cup of a man selling pencils and hurriedly stepped aboard the subway train. On second thought, he stepped back off the train, walked over to the beggar and took several pencils from the cup.

Apologetically, he explained that in his haste he had neglected to pick up his pencils and hoped the man wouldn't be upset with him. "After all," he said, "you are a businessman just like myself. You have merchandise to sell and it's fairly priced." Then he caught the next train.

At a social function a few months later, a neatly dressed salesman stepped up to the businessman and introduced himself, "You probably don't remember me and I don't know your name, but I will never forget you. You are the man who gave me back my self-respect. I was a 'beggar' selling pencils until you came along and told me I was a businessman."

A wise man has said, "A lot of people have gone further than they thought they could, because someone else thought they could."

*The greatest good we can do for anyone,
is not just to share our wealth with them,
but also to reveal their own wealth to them!*

*Whatever you give for the good of others...
Time...Love...or Money...
God keeps on returning to you
in much greater abundance!*

The Universal Law of Giving

By Giving I Receive!

I launched a smile, far out it sailed
On life's wide troubled sea,
And many more than I could count
Came sailing back to me.

I clasped a hand while whispering,
'The clouds will melt away.'
I felt my life was very blessed
All through the hours that day.

I sent a thought of happiness
Where it was needed sore,
And very soon thereafter, found
Joy adding to my store.

I wisely shared my slender hoard,
Toil-earned coins of gold.
But presently it flowed right back.
Increased a hundredfold.

I helped another climb a hill,
A little thing to do.
And yet it brought a rich reward,
A friendship that was new.

I think each morning when I rise,
Of how I may achieve,
I know by serving I advance,
By giving I receive.

- Thomas Gaines

Help others to help yourself!

A man was given a tour of both Heaven and Hell, so that he could intelligently select his final destination. The Devil was given the first chance and he started the 'prospect' with a tour of Hell. The first glance was a surprising one because all the occupants were seated at a banquet table loaded with every food imaginable, including meat from every corner of the globe, fruits and vegetables and every delicacy known to man.

However, when the man looked carefully at the people he did not find a single smile. There was no joy or gaiety generally associated with such a feast. The people at the table looked dull and listless and were literally skin and bones. The tourist noticed that each person had a fork strapped to the left arm and a knife strapped to the right arm. Each had a four-foot handle, which made it impossible to eat. So, despite the food of every kind at their fingertips, they were starving.

The next stop was Heaven, where the tourist saw a scene identical in every respect, same food, knives and forks with those four-foot handles. However, the inhabitants of Heaven were laughing, singing and having a great time. They were well fed and in excellent health. The tourist was puzzled for a moment. He wondered how conditions could be so similar and yet produce such different results. The people in Hell were starving and miserable, while the people in Heaven were well fed and happy.

Then, he saw the answer. Each person in Hell had been trying to feed himself. A knife and fork with a four-foot handle made this impossible. Each person in Heaven was feeding the one across the table from him and was being fed by the one sitting on the opposite side. By helping one another, they helped themselves.

The message is clear. The way you see situations and people is extremely important, because you treat people and situations exactly as you see them.

***'You can get everything in life you want,
if you help enough other people get what they want!'***

Why you should forgive!

✓
Forgive the person who abused you. You might well rationalize that the person doesn't deserve forgiveness. Leave that up to God...let Him decide who deserves and who does not deserve forgiveness!

Whether you feel that individual deserves forgiveness or not, you deserve to forgive him or her because, until you do, that person who abused or mistreated you is going to be in control of your life. That person has negatively influenced your past. Surely you are not going to permit him or her to harm your present and build ceilings on your future.

And remember...Mountain Climbers don't carry Bricks! Just as mountain climbers don't add bricks to their backpacks, through forgiveness you will have removed the bricks of anger, hate, and resentment. Your load will be so much lighter you can move forward and upward much faster.

You also have the benefit of recognizing that through the process of forgiving you will have made friends with the past and will be able to focus on the present. This gives you the freedom to grow and become the person you are capable of becoming, ensures a brighter future, and moves you in the direction of finishing well.

He who cannot forgive others, destroys the bridge over which he himself must pass!

*The only way you can ever hope to be loved
is to stop asking for it...*

...and start giving it!

You get love, only when you give it to others!

Dale Carnegie

Caring and Sharing

If any little word of ours
 can make one life the brighter;
If any little song of ours
 can make one heart the lighter;
God help us speak that little word
 and take our bit of singing;
And drop it in some lonely vale
 to set the echoes ringing.

If any little love of ours
 can make one life the sweeter;
If any little care of ours
 can make one step the fleeter;
If any little help may ease
 the burden of another;
God give us love and care and strength
 to help along each other.

If any little thought of ours
 can make one life the stronger;
If any cheery smile of ours
 can make its brightness longer;
Then let us speak that thought today
 with tender eyes aglowing;
So God may grant some weary one
 to reap from our glad sowing.

*I expect to pass
through life but once!*

*If therefore,
there be any kindness
I can show,
or any good thing
I can do to any fellow being...*

*Let me do it now,
and not defer or neglect it,
as I shall not pass
this way again!*

William Penn



Showing genuine interest in others!

Why read this book 'How to win friends and influence people?' Why not study the technique of the greatest winner of friends the world has ever known?

Who is he? You may meet him tomorrow coming down the street. When you get within ten feet of him, he will begin to wag his tail. If you stop and pat him he will almost jump out of his skin to show you how much he likes you. And you know that behind this show of affection on his part, there are no ulterior motives. He doesn't want to sell you any real estate, and he doesn't want to marry you.

Did you ever stop to think that a dog is the only animal that doesn't have to work for a living? A hen has to lay eggs. A cow has to give milk, and a canary has to sing. But a dog makes his living by giving out nothing but love.

You can make more friends in two months by becoming genuinely interested in other people, than you can in two years by trying to get others interested in you.

Yet I know and you know people who blunder through life trying to badger other people into becoming interested in them. Of course, it doesn't work. People are not interested in you. They are not interested in me. They are interested in themselves, morning, noon and after dinner.

There's nothing more effective and rewarding than showing a genuine interest in other people!

- Dale Carnegie



Seeing things from the other person's point of view!

I wanted a private secretary last year, and I put an ad in the paper under a box number. I bet I got three hundred replies. Almost all of them began something like this: "This is in reply to your ad in Sunday Times under Box 299. I wish to apply for the position you offer. I am twenty-six years old... etc."

But one woman was smart. She didn't talk about what she wanted. She talked about what I wanted. Her letter read like this:

"Dear Sir,

You will probably get two or three hundred letters in reply to your ad. You are a busy man. You haven't time to read all of them. So if you will just reach for your telephone right now and call Vanderbilt 301-5279, I'll be glad to come over and open the letters and throw the worthless ones in the wastebasket and place the others on your desk for your attention. I have had fifteen years experience...."

She then went on to tell about the important men she had worked for. The moment I got that letter, I felt like dancing on the table. I immediately picked up the telephone and told her to come over, but I was too late. Some other employer had grabbed her. A woman like that has the business world at her feet.

If you want to have more successful relationships with your customers, your family, and your friends, look at things from the other person's perspective.

Step outside yourself, to see and discover what is important to someone else!

- Dale Carnegie

Choose your Words!

A careless word may kindle strife,
A cruel word may wreck a life.

A bitter word may hate instill,
A brutal word may even kill.

A gracious word may smooth the way,
A joyous word may make some life gay.

A timely word may lessen stress,
A loving word may heal and bless.

*Tact makes you curb that nasty crack,
When you are on the brink.
It's really thinking all you say,
Not saying all you think!*

Little Words!

"Yes, you did it!"... "I did not!"...
Thus the little quarrel started,
Thus by unkind little words
Two fond friends were parted.

"I am sorry!"... "So am I!"...
Thus the little quarrel ended,
Thus by loving little words
Two fond hearts mended.

Giving and Forgiving

What makes life worth the living
Is our giving and forgiving.

Giving tiny bits of kindness
That will leave a joy behind us.
And forgiving bitter trifles
That the right word often stifles.

For the little things are bigger
Than we often stop to figure.
What makes life worth the living
Is our giving and forgiving.

- Thomas Grant Springer

*One of the most difficult things
to give is kindness...
For it is usually returned!*

Mark Ortman

Stop one Heart breaking!

If I can stop one heart from breaking,
I shall not live in vain.
If I can ease one life the aching,
Or cool one pain;
Or help one lonely person
Into happiness again.
I shall not live in vain.

- Emily Dickinson

Be a Master in Human Relations!

Charles Schwab was paid a salary of million dollars a year in the steel business, largely because of his ability to handle people. Imagine that! A million dollars a year, because he was able to handle people!

One day at noontime, Schwab was walking through one of his steel mills when he came across a group of men smoking directly under a sign that said 'No Smoking.'

Do you suppose that Charles Schwab pointed at the sign and said, "Can't you read?"

Absolutely not, not that master of human relations.

Mr. Schwab chatted with the men in a friendly way and never said a word about the fact that they were smoking under a 'No Smoking' sign.

Finally he handed them some cigars and said with a twinkle in his eye, "I'd appreciate it boys, if you'd smoke these outside."

That is all he said. Those men knew that he knew that they had broken a rule, and they admired him because he hadn't called them down. He had been such a good sport with them, that they in turn wanted to be good sports with him.

***If you wish to succeed in life...
You must become a Master in Human Relations!***

Building Confidence in your Team!

Adolph Seltz of Philadelphia, a salesman in an automobile showroom, suddenly found himself confronted with the necessity of injecting enthusiasm into a discouraged and disorganized group of salespeople.

Calling a sales meeting, he urged his people to tell him exactly what they expected of him. As they talked, he wrote their ideas on the blackboard. Then he said, "I'll give you all these qualities you expect from me. Now I want you to tell me what I have a right to expect from you."

The replies came fast: "Loyalty, Honesty, Initiative, Optimism, Teamwork, Dedication..."

The meeting ended with a new courage, a new inspiration, some salespersons volunteering to work even fourteen hours a day, and Mr. Seltz reported that the increase in sales was phenomenal.

"The people had made a sort of moral bargain with me," said Seltz, "and as long as I lived up to my part of the bargain, they were determined to live up to theirs. Consulting them about their wishes and desires was just the shot in the arm they needed."

***Take every opportunity
to build confidence in your team!***

The Secrets of Success

The definition
of Success
is getting...

many of the things
money can buy...

and all the things
money cannot buy!

The Secrets of Success

Why go into
something...

...just to
test the waters?

Go into it...
...to make waves!

Winners versus Losers

The Winner says, "It may be difficult but it is possible,"

The Loser says, "It may be possible but it is too difficult."

Winners make it happen,

Losers let it happen.

Winners use hard arguments but soft words,

Losers use soft arguments but hard words.

The Winner says, "Let me do it for you,"

The Loser says, "That is not my job."

The Winner sees an answer for every problem,

The Loser sees a problem for every answer.

The Winner always has a program,

The Loser always has an excuse.

Winners believe in win-win for all,

Losers believe to win, others must lose.

Winners are a part of the team,

Losers are apart from the team.

The Winner says, "I must do something,"

The Loser says, "Something must be done."

Winners choose what they say,

Losers say what they choose.

A Winner makes a mistake and says, "I was wrong,"

A Loser makes a mistake and says, "It wasn't my fault."

Put forth your best... and you've already won!

The contest lasts for moments,
though the training's taken years.
It wasn't the winning alone
that was worth the work and the tears.

The applause will be forgotten,
the prize will be misplaced.
But the long hard hours of practice
will never be a waste.

For in trying to win, you build a skill.

You learn that winning depends on will.
You never grow by how much you win,

You only grow by how much you put in.
So any new challenge you've just begun
Put forth your best and you've already won!

That is Success!

Before God's footstool to confess,
A poor soul knelt and bowed his head.

"I failed," he cried. But the Master said,
"Thou didst Thy best...that is Success!"

What Success & Failure is all about!

Success...let's not knock it, let's not block it, let's unlock it! But first, let's understand what Success and Failure is all about.

Success/Failure: Is it more than winning and losing? Yes. Because success is a process. It's more than what you read on the scoreboard. Success and failure don't stop when the game ends and the crowd goes home. We have all seen winners whose success turned them into swollen-headed jerks. Their victory was their down fall. And we have all seen losers who were such great sports and took their losses so graciously, that they turned their defeat into a personal victory.

Success/Failure: Is it about setting goals and striving to reach them? Yes. But it's more than what you will read in the final report or the published news release. For real success is accepting your God-given opportunities and giving your divinely inspired goals, 100 percent of your best effort! Success may actually elude you until that moment when you fail. The pole-vaulter's efforts are not complete nor does he win, until he fails to clear the highest hurdle! In failing, the pole-vaulter arrives at success! Success is discovering and developing your potential as well as seeing the new opportunities born all around you every new day!

Success/Failure: Is it about solving problems and resolving difficulties? Yes. But understand that success is a process that must never stop. So you've solved one problem? This success will spawn new problems! You've resolved one difficulty? This success will hatch a batch of new ones. So real success will finally be measured by how charming, graceful, polite and positive, you have become through this evolving process.

Success/Failure: Is it about acquiring fame and fortune? Yes and no. Again and again, makers and shakers of wealth and power have been some of the world's greatest human beings, while others have been the crown punks of history! Fame and fortune are shallow goals unless they are a means to an end, a way to help other.

So what does success finally add up to? A diploma on the wall? A trophy in the case? Money in the bank? Professional honours? Yes, this is success, but more than this, success is being able to look at yourself in the mirror and be proud of the person you have become!

You did the best you could! Success is noblest, when it leaves you with the self-respect that you have been a good steward of the life, liberties, possibilities, and opportunities that God offered to you. Success is building your own self-respect by affirming the dignity of your fellow human beings. This is why some of the most successful persons are among the most beloved and respected people on earth, even though their material acquisitions were modest. They're Great Hearts! They're Super Souls! They are the really beautiful people...fashion, fortune and lifestyle, notwithstanding!

- Dr. Robert Schuller

The Secret of Success

"What is the secret of success?" asked the Sphinx!

"Push," said the Button.

"Never be led," said the Pencil.

"Take pains," said the Window.

"Always keep cool," said the Ice.

"Be up-to-date," said the Barrel.

"Make light of everything," said the Fire.

"Do a driving business," said the Hammer.

"Be sharp in all your dealings," said the Knife.

"Find a good thing and stick to it," said the Glue.

sphinx: "a monster (mentioned in Greek mythology) with the face of a woman and the body of a lion and with wings."

Refusing to accept Failure!

Sir Edmund Hillary was the first man to climb Mount Everest. On May 29, 1953, he scaled Mount Everest, the highest mountain then known to man, 29,000 feet straight up. He was knighted for his efforts. He even made American Express Card commercials because of it!

However, until we read his book, 'High Adventure,' we would not be able to understand that Hillary had to grow into this success.

You see, in 1952, he attempted to climb Mount Everest, but failed. A few weeks later, a group in England asked him to address its members. Hillary walked on the stage to a thunderous applause. The audience was recognizing an attempt at greatness, but Edmund Hillary saw himself as a failure.

He moved away from the microphone and walked to the edge of the platform. He tightened his fist and pointed at the picture of the mountain. He said in a loud voice, "Mount Everest, you beat me the first time... but I'll beat you the next time! Because you've grown all you were going to grow... but I'm still growing!"

*What happens to good people...
When bad things happen to them?
They become...better people!*

Getting off the Failure Freeway!

Business Professors Gary Hamel and C.K. Prahalad have written about an experiment that was conducted with a group of monkeys.

Four monkeys were placed in a room that had a tall pole in the center. Suspended from the top of that pole was a bunch of bananas. One of the hungry monkeys started climbing the pole to get something to eat, but just as he reached out to grab a banana, he was doused with a torrent of cold water. Squealing, he scampered down the pole and abandoned his attempt to feed himself. Each monkey made a similar attempt, and each one was *wet wholly* drenched with cold water. After making several attempts, they finally gave up.

Then researchers removed one of the monkeys from the room and replaced him with a new monkey. As the newcomer began to climb the pole, the other three grabbed him and pulled him down to the ground. After trying to climb the pole several times and being dragged down by the others, he finally gave up and never attempted to climb the pole again.

The researchers replaced the original monkeys, one by one, and each time a new monkey was brought in, the others would drag him down before he could reach the bananas. In time, the room was filled with monkeys who had never received a cold shower. None of them would climb the pole, but not one of them knew why!

Unfortunately people who have got used to failure can be a lot like those monkeys. They make the same mistakes again and again, yet they are never quite sure why. And as a result, they never seem to get off 'the failure freeway.'

The old saying is true...

*If you always do, what you've always done,
then you'll always get, what you've always got!*

Success

Success is speaking words of praise,
In cheering other people's ways,
In doing just the best you can,
With every task and every plan.

It's silence when your speech would hurt,
Politeness when your neighbour's curt;
It's deafness when the scandal flows,
And sympathy with others' woes.

It's loyalty when duty calls,
It's courage when disaster falls;
It's patience when the hours are long,
It's found in laughter and in song.

It is not what the world gives me
In honour, praise or gold;
It is what I do give the world,
So others do unfold.

If by my work through life I can
Another soul unfold;
Then I have done what cannot be
Made good, by praise or gold.

One tiny thought in tiny word
May give a great one birth,
And, if that thought was caused by me,
I lived a life of worth.

- Richard F. Wolf

*To laugh often and much...
To win the respect of
intelligent people...
and the affection
of children...
To earn the appreciation
of honest critics...
and endure the betrayal
of false friends...
To appreciate beauty...
To leave the world a bit better...
by a healthy child,
a garden patch or
a redeemed social condition...
To know even one life
has breathed easier...
because you have lived!*

This is to have succeeded!

Ralph Waldo Emerson

Keep away from Crabs!

Crabs are caught by the thousands every day, thanks to a particular human trait they possess. Their trap is a wire cage with a hole at the top. Bait is placed in the cage, and the cage is lowered into the water. One crab comes along, enters the cage, and begins munching on the bait. A second crab joins him. And then, a third.

Eventually, however, all the bait is gone. The crabs could then easily climb up the side of the cage and get out through the hole, but they do not. They stay in the cage. Other crabs come along and join them, even long after the bait is gone.

Should one of the crabs realize there is no further reason to stay in the trap and attempts to leave, the other crabs will gang up on him and stop him. They will repeatedly pull him off the side of the cage. If he is persistent, the others will tear off his claws to keep him away from climbing. If he persists still, they will kill him.

The crabs, by force of the majority, stay together in the cage. The cage is hauled up, the crabs get cooked up and it's dinnertime on the pier.

The chief difference between these crabs and humans is that these crabs live in water and humans on land. The human crabs, do not usually use physical force, although they are certainly not above it. They generally don't need it, however. They have more effective methods at hand, and in mouth... innuendo, doubt, ridicule, derision, mockery, sarcasm, scorn, sneering, belittlement, humiliation, jeering, taunting, teasing, lying, and dozen others, not listed in any thesaurus.

If you want to succeed in life, keep away from such crabs and crab mentality!

Born to Win... Conditioned to Lose!

An eagle's egg was placed in the nest of a prairie chicken. The egg hatched and the little eagle grew up thinking it was a prairie chicken. The eagle did what the prairie chickens did. It scratched in the dirt for seeds. It clucked and cackled. It never flew more than a few feet because that is what the prairie chickens did.

One day he saw an eagle flying gracefully and majestically in the open sky. He asked the chickens, "What is that beautiful bird?" The chickens replied, "That is an eagle. He is an outstanding bird, but you can't fly like him because you are just a prairie chicken." So the eagle never gave it a second thought, believing that to be the truth. He lived the life of and died a prairie chicken, depriving himself of his heritage because of his lack of vision. What a waste! He was born to win, but conditioned to lose.

The same thing is true of most of us. We don't achieve excellence because of our own lack of vision. If you want to soar like an eagle, you have to learn the ways of an eagle!

Whenever you succeed in life, petty people are bound to take cracks at you and try to pull you down. When you refuse to fight them, you win. In martial arts, they teach that when someone takes a crack at you, instead of blocking, you should step away. Why? Even to block, you require energy. Why not use it productively? Similarly, in order to fight petty people, you have to stoop down to their level. This is what they want, because then you become one of them. Don't let negative people drag you down.

If you associate with achievers, you will become one. If you associate with positive thinkers, you will become one. If you associate with the petty minded, you will become one. *Remember that a person's character is not only judged by the company he or she keeps, but also by the company he or she avoids!*

Positive Tension for Self Management!

There is a common belief that tension is bad. Not really! Without tension nothing gets done. Peace and tranquility are desirable. In fact, a daily period of meditation is highly desirable.

But there must be alternating periods of positive tension or you can slip into lethargy. What keeps a watch going, is the tension on the mainspring.

Positive tension can take many forms...a deadline that must be met, an awareness that your work is going to be judged, a sense of competition with others. These pressures bring out the best in people, challenging them to use time as effectively as possible.

Good management involves building a reasonable amount of positive tension into your relationships with subordinates, and good self-management involves finding ways to put some pressure on yourself to perform. Making a public commitment to undertake a job, which you have been procrastinating, is one way of putting the right pressure on you.

Negative tension is bad, of course. This produces harmful stress. Headaches and other ailments associated with stress, are often a result of frustration growing out of poor time-management practices. Examples of these are indecision, lack of concentration, failure to set priorities, failure to plan ahead, failure to delegate properly, failure to schedule periods of quiet time when you can tackle top-priority jobs without interruption, etc. Such negative tension must be avoided at all costs.

- Edwin C. Bliss

Failing Forward!

Failure isn't that bad, if it doesn't attack the heart!

Success is all right, if it doesn't go to the head!

Doesn't success mean avoiding failure? The answer is no. All of us fail. As we travel, we all hit potholes, take wrong turns, or forget to check the radiator. The only person who avoids failure altogether is the person who never leaves his driveway.

So the real issue is not whether you're going to fail. It's whether you're going to fail successfully (profiting from your failure), or allow failure to send you on a permanent detour. As Nelson Boswell observed, "The difference between greatness and mediocrity is often how an individual views mistakes." If you want to continue on the success journey, you need to learn to fail forward!

Unsuccessful people are often so afraid of failure and rejection, that they spend their whole lives avoiding risks or decisions that could lead to failure. They don't realize that success is based on their ability to fail and continue trying. When you have the right attitude, failure is neither fatal nor final. In fact, it can be a springboard to success.

Leadership expert Warren Bennis interviewed seventy of the nation's top performers in various fields and found that none of them viewed their mistakes as failures. When talking about them, they referred to their 'learning experiences,' 'detours,' and 'opportunities for growth.'

Successful people...instead of dwelling on the negative consequences of failure, thinking of what might have been and how things haven't worked out...focus on the rewards of success...learning from their mistakes and thinking about how they can improve themselves and their situations.

Depending on your attitude, failure can either bog you down or help you along on your journey to success!

-John C. Maxwell

Experiencing Success!

By conscious effort, you can creatively imagine an event in your mind in every detail and it automatically becomes part of your memory profile.

Actual, everyday experiencing cannot always offer you what you need the most, the experience of success. You can more easily experience success in your imagination by using artificial experiencing.

Scientific studies show that your brain cannot differentiate between an 'actual' experience in real life and an 'artificial' or 'simulated' experience imagined vividly and in every detail. Either way you are inputting new data into your memory bank. It's like running a dummy program and your computer accepts it as real data. Creative imagination is a primary reframing tool, you need to use to move ahead in your life.

Consider the experiment reported in Research Quarterly that studied the effects of mental imaging on improving scores in sinking basketball free throws. A class of high school students with similar skills was divided into three test groups:

- ◆ Group-1 was told to practice shooting free throws in a gymnasium for twenty minutes each day, for twenty days.
- ◆ Group-2 was told not to practice shooting free throws, for twenty days.
- ◆ Group-3 members were told to practice shooting free throws in their imagination for twenty minutes each day, for twenty days. They were to imagine shooting a perfect basket every time.

Based on the tests on the first and last day, Group 1 improved its performance 24 percent, Group 2 showed no improvement at all, and Group 3 improved its scores 23 percent!

This very important discovery demonstrates that it is possible to use artificial experiencing as a purposeful and controlled method for changing basic beliefs about yourself that are now firmly entrenched in your subconscious mind. This tool can radically improve your performance at any activity, whether in public speaking, developing interpersonal skills, or playing tennis.

To improve their concentration and performance, athletes, astronauts, and high achievers in all fields practice their routines in their mind before the actual event, whether the objective is to hit a home run or land safely on the moon. It is like a mental dress rehearsal before the actual command performance, an imaginary dry run to increase confidence and coordination.

Studies show that there is a direct physiological relationship between artificial experiencing and actual performance. When a person vividly imagines performing a given activity in his or her mind, such as pole vaulting or running the hurdles, small but measurable amounts of neural activity can be measured taking place throughout the body. In other words, the same neurological imprints are created by vividly imagining a specific event as would be created had the event actually been real!

This ability to creatively imagine your future in the precise way you want it to evolve is a great wonder of the mind! Many of your actual experiences during your upbringing were probably less than ideal. The odds are that you experienced more failure than success in your life, and now these events may be holding you back. But none of this need really matter.

With this tool, you can add new success to your experience repertoire to fall back on and help erase the effects of any negative programming from your past. Artificial experiencing puts you back in control, since when you are in charge of your thoughts, you are in control of your behaviour. It helps to bridge the big gap between your current performance and your actual potential.

- Dr. Walter Staples

The Fountain of Happiness

Always remember!

No one
can make you
unhappy...

...without
your consent!

The Fountain of Happiness

Happiness lies in
the Journey...

not at the Destination!

The time for Happiness
is today...

not tomorrow!

Happiness is in the Journey... ...Not in the Destination!

Happiness, as viewed by most people, is a sought destination. It is something to be. It is something to become. To this unfortunate lot, happiness is the end of the rainbow, the pot of gold. They spend out a lifetime chasing rainbows. They might as well chase the shadows for they shall never find in the external that which only resides within.

Happy is he, who has found self. Happy is he, who knows God. Happy is he, who has lofty and noble aspirations. Happy is he, who is rising in the world, climbing higher and higher. Happy is he, who is enriching the lives of all those about him. Happy is he, who is contributing something to make this world a better place in which to live. Happy is he, whose work, whose chores, whose daily tasks, are labours of love. Happy is he, who loves love. Happy is he, who loves life. Happy is he, who is happy.

***Happiness is every day. Happiness is now.
Happiness is in the journey, not in the destination!***

Happiness is a state of mind. It can never be found in the material things about us, in such things as wealth, position or power. Disillusioned and disappointed are they, who spend a lifetime harvesting and accumulating more wealth than they need, only to discover, too late, that all the money in the world won't buy a grain of happiness!

Happiness is an expression of appreciation for the things which we have now. Happiness is today. Happiness is now. Each new dawn signals the birth of a glorious new day wherein we can both give and find love, contentment, cheerfulness and unselfish service!

- Abraham Lincoln

Be Happy!

*These two words are among
the most potent ones in our language.*

Gloom creates a mental structure, which prevents the flow of constructive thought. Think of the times when you were gloomy and sad. Were you inspired to do big things? Did you conceive any ideas, which could add to your prosperity? Did you feel ambitious to blaze new trails? The answer to all these questions is, of course, no.

Think of the times when you were exuberant, when every fibre of yours being was scintillating with joy. Didn't you have the urge to go places and do things? Projects, which under normal conditions might appear laborious to perform, seemed like nothing at all!

Be happy! If you have problems (and who hasn't?), be happy, that with the knowledge you have gained, you can master them instead of being mastered by them.

"How can I be happy with all the worries I have?" we often hear. Since gloom can do nothing except block your road to freedom, doesn't it behove one to use his ingenuity in finding ways of becoming happy?

Read the newspaper and see how many stories there are about people who would be happy to be in your position. You'll soon be able to understand how well off you are. Then it will not be hard to let the sunshine of happiness show through, so that you can begin thinking in terms of things to do to solve your problems, instead of permitting them to hold you back.

This couplet by Harold Abbott is worth remembering...

*I was in 'the blues' ...because I had no shoes,
Until upon the street...I met a man who had no feet!*

- Ben Sweetland

Smiles go everywhere!

A smile is quite a funny thing,
it wrinkles up your face;
And when it's gone, you never find,
its secret hiding place.

But far more wonderful it is,
to see what smiles can do;
You smile at one, he smiles at you,
and so one smile makes two.

He smiles at some one since you smiled,
and then that one smiles back;
And that one smiles, until in truth,
you fail in keeping track.

Now since a smile can do great good,
by cheering hearts of care;
Let's smile and smile, and not forget,
that smiles go everywhere!

- Douglas Malloch

*Laughter is the jam on the toast of life.
It adds flavour,
keeps it from being too dry,
and makes it easier to swallow!*

Diane Johnson

How poor we are!

One day a rich father took his son on a trip to the countryside, with the firm purpose to show him how poor people can be.

They spent a day and a night in the farm of a very poor family. When they got back from their trip the father asked his son, "How do you think was the trip, my son?"

"Very good Dad!" replied the son.

"Did you see, how poor people can be?"

"Yeah!"

"And what did you learn?" the father asked.

The son answered, "I saw that we have one dog at home, and they have four. We have a pool that is hundred meters long, they have a stream that has no end. We have fifty imported lamps in our garden, they have countless shining stars. Our terrace reaches to the front yard, they have a whole horizon."

When the little boy was finishing, his father was speechless.

His son concluded, "Thanks Dad, for showing me how poor we are!"

*Money may buy the Husk of things...
but not the Kernel!*

It may buy Food...but not Appetite!

Medicine...but not Health!

Bed...but not Sleep!

Acquaintances...but not Friends!

Servants...but not Faithfulness!

Pleasure...but not Peace or Happiness!

Where greed leads to!

There is a story about a wealthy farmer, who was once offered all the land he could walk on in a day, provided he came back by sunset to the point where he started. Early the next morning the farmer started covering ground quickly, because he wanted to get as much land as he could. Even though he was tired he kept going all afternoon, because he didn't want to miss this once-in-a-lifetime opportunity to gain maximum wealth.

Late in the afternoon he realized, that the condition he had to fulfill to get the land was to get back to the starting point by sunset. But his greed had taken him quite far. He hurriedly started his return journey, keeping an eye on how close he was to sunset. The closer it got to sunset, the faster he ran in an absolute panic. He got fatigued, out of breath and pushed himself beyond the point of endurance. He collapsed upon reaching the starting point and died out of exhaustion. He did make it before sunset, but to no avail. He was later buried and all the land that he needed was a small plot.

This story teaches us the lesson, where excessive greed in life finally leads to. If you are in a mad chase for wealth, you never ever get to enjoy it!

*There is so much in the world for all of us...
if we have the eyes to see it...
the heart to love it...
and the hands to gather it ourselves!*

Lucy Maud Montgomery



Achieving Peace of Mind!

*People get ulcers...
not because of what they eat,
but because of what is eating them!*

A man may have a home, possessions, a charming family, and yet find all these things ashy to his taste because he has been outstripped in the marathon race, by some other runners to the golden tape line. It is not that he does not possess enough for his wants but that others possess more. It is the more that haunts him, makes him deprecate himself, and minimize his real achievements. This is the cancer eating away his peace of mind!

The time has come when a man must say to himself, "I am no longer going to be interested in how much power or wealth another man possesses so long as I can attain enough for the dignity and security of my family and myself. I am going to break through this vicious circle which always asks the question of life in a comparative degree, 'Who is bigger?' 'Who is richer?' 'Who has more?' I am going to set my goals for myself rather than borrow them from others. I will strive to achieve a mature attitude toward success, which is ambition for growth and real accomplishment, rather than spurious, decorative, and vanity-filled acquisition."

Such a man is on the road to avoiding the neurotic materialism of our age. He is like the poet, who does not tear himself to pieces because his sonnet is not equal to that of Shakespeare. He learns to accept himself and to be happy with his own growth from year to year, rather than paralyze his gifted pen by contrast with the giants and the immortals.

When, instead of the pathological race for more houses and jewels, cars and refrigerators, bonds and stocks...when, instead of seeking these fictitious goals, men learn a certain modesty about things and become genuinely contented with their real contributions and achievements...only then can serenity be achieved.

Joshua Loth Liebman

You have to believe in Happiness!

You have to believe in happiness,
Or happiness never comes.
I know that a bird chirps none the less,
When all that he finds is crumbs.

You have to believe the buds will blow,
Believe in the grass in the days of snow.
Ah, that's the reason a bird can sing,
On his darkest day, he believes in Spring.

You have to believe in happiness,
It isn't an outward thing.
The Spring never makes the song, I guess,
As much as the song, the Spring.

Aye, many a heart could find content,
If it saw the joy on the road it went.
The joy ahead, when it had to grieve,
For the joy is there, but you have to believe.

- Douglas Malloch

*If you see but your shadow, remember I pray...
That the sun is shining, but you are in the way!
The worries will vanish, the work will be done...
No man sees his shadow, who faces the sun!*

Robert Farley

*When one door
of happiness closes
another opens...*

*But often, we look so long
and so regretfully
upon the closed door...*

*That we do not see
the new door
which has been opened for us!*

Helen Keller

Your Temper

There was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he should hammer a nail in the back fence. The first day the boy had driven 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say "I'm sorry," but the wound will still be there. A verbal wound is even worse than a physical one!"

*When you are angry...
You lose more than your temper!
Always Remember!
Anger is just a 'D' short of Danger!*

The Cheerful Man!

Cheerfulness is a perpetual lubricator of the mind...it is the oil of gladness which dispels friction, worries, anxieties and disagreeable experiences.

The cheerful man has creative powers which the pessimist never possesses. There is nothing which will so completely sweeten life and take out its drudgery, nothing that will so effectively ease the jolts on the road, as a sunny, hopeful, optimistic disposition. With the same ability, the cheerful thinker has infinitely more than the despondent, gloomy thinker.

This life machinery of a cheerful man does not wear out or grind away as rapidly, as that of one whose moods and temper scour and wear the delicate bearings and throw the entire machinery out of harmony.

In the maintenance of health and the cure of disease, cheerfulness is a most important factor. Its power, to do good like a medicine, is not an artificial stimulation of the tissues, to be followed by reaction and greater waste, as is the case with many drugs. But the effect of cheerfulness is an actual life-giving influence through a normal channel, the result of which is felt by each and every part of the system. It brightens the eye, ushers glow on the face, brings elasticity to the step, and promotes all the inner forces by which life is sustained. The blood circulates more freely, the oxygen comes to its home in the tissues, health is promoted, and disease is banished.

A great many people have brought sick, discordant bodies back into harmony by 'the laugh cure,' by substituting cheerfulness for fretting, worrying and complaining. Every time one complains or finds fault, he is only acknowledging the power of his enemies to hold him down, to make his life uncomfortable and disagreeable. The way to get rid of these enemies of happiness is...to deny their existence, to drive them out of the mind, for they are only delusion. Harmony, health, beauty, success...these are the realities!

- Orison Swett Marden

Hang Troubles on a Tree!

You can learn from the man in this story how to effectively deal with your troubles in daily life.

One man in a highly challenging job seemed to always be in a good frame of mind when he got home, regardless of how challenging the day had been. When queried about how he did it, the man said, "I have a little Copper Beech tree in the yard by the front door and I call it my 'private trouble tree.' Every night when I come home I mentally hang all the day's troubles on that tree and I say to myself, "Hang there for the night, I'll pick you up when I start for work in the morning."

"The funny thing about it," he continued, "is that half the time when I leave the house the next morning, I discover that most of what I thought were troubles when I hung them up had blown away during the night. Even the ones that are still hanging there aren't half as heavy or worrisome as they seemed, when I came home the night before."

Scientifically speaking, it has been validated that the overwhelming majority of our problems are in our minds and never really happen to us in life!

It's up to you!

Laugh a little, sing a little, as you go your way!

Work a little, play a little, do this every day!

Give a little, take a little, never mind a frown!
Make your smile a welcome thing, all around the town!

Laugh a little, love a little, skies are always blue!
Every cloud has silver linings, but it's up to you!



Happiness is an Attitude!

*Until you are happy with who you are,
you will never be happy because of what you have!*

Many people believe they will be happy when they get into a house of their own...but they won't! Then they'll be happy when they add the patio and the outdoor barbecue grill...but they won't! Then they'll be happy when they get the mortgage paid...but they won't! Then they'll be happy when they win the trip to Hawai...but they won't! The reason is simple...it makes no difference where you go, there you are. And it makes no difference what you have, there's always more you want!

*Dennis Prager has articulately differentiated
between Pleasure and Happiness...*

*"Fun or Pleasure is what we experience during an act.
Happiness is what we experience after an act.
It is a deeper, more abiding emotion."*

Going to an amusement park or ball game and watching a movie or television are fun activities. They help us relax, temporarily forget our problems, and maybe even laugh, but they do not bring us happiness, because their positive effects end... when the fun ends.

Again, until and unless we're happy with ourselves, we are unlikely to be happy. Happiness is an attitude! Will Rogers wisely stated that "most people are about as happy as they make up their minds to be!"

The way people cling to the belief that a fun-filled, pain-free life equals happiness, actually diminishes their chances of ever attaining real happiness. If fun and pleasure are to be equated with happiness, then pain must be equated with unhappiness, but in fact the opposite is true. More times than not, things that lead to happiness involve some pain. The age-old truth is that happiness is not pleasure.

-Zig Ziglar

Our Unseeing Eyes!

You need to appreciate that beauty of life exists everywhere. It can be found in the faces of your friends and loved ones, the laughter of children, in ocean waves and the clouds in the sky. It is in the grass, the flowers, and the trees in the park. It is all around you. But to have it, you must first 'see' it in all these things!

Frazier Hunt shares with us her appreciation of this very fact by recounting a moving experience she had with Helen Keller under an article entitled 'Our Unseeing Eyes.'

"One July afternoon at our ranch in the wonderful Canadian Rockies, I rode towards Helen Keller's cabin. I sat motionless, while this woman, who was doomed to live forever in a black and silent prison, made her way briskly down the path, her face radiant. She stepped out of the woods into a sunlit open space directly in front of me and stopped by a clump of wolf willows. Gathering a handful, she breathed their strange fragrance...her sightless eyes looked up squarely into the sun, and her lips so magically trained, pronounced a single word... 'Beautiful!' Then, still smiling, she walked past me.

I brushed the tears from my own inadequate eyes. For to me, none of these exquisite highlands had seemed so beautiful. I had eyes to see all the wonders of the woods, sky and mountains, ears to hear the rushing stream and the song of the wind in the treetops. But, it took the sightless eyes and sealed ears of this extraordinary woman to show me the beauty."

Perform the following simple test to reaffirm how you are able to control your thoughts and feelings. Close your eyes for a minute, take a few slow, deep breaths, and try to feel happy.

Do this by recalling a happy experience from your past, or imagining the joy of achieving success in your goals. Put a big, bright smile on your face. Pause, and sense the positive feelings this generates. Now take another minute, and try to feel sad. Recall a sad experience from the past, or imagine the misery a failure would bring for you. Put a big, dark frown on your face. Pause, and sense the negative feelings this generates.

Note that nothing changes in the external environment, as you create these new feelings and sensations. The only change that has taken place is in the way you have communicated with your inner self, in the way you have chosen to perceive your world!

- Dr. Walter Staples

*Real Optimism is aware of problems...
but recognises the solutions...
knows about difficulties...
but believes they can be overcome...
sees the negative, but accentuates the positive...
is exposed to the worst, but expects the best...
has reason to complain, but chooses to smile!*

William Arthur Ward

The Treasures of Time

Yesterday is but
a dream
and Tomorrow is
only a vision.

But Today, well
lived...
makes every Yesterday
a dream of happiness...

and every Tomorrow
a vision of hope!

The Treasures of Time

Yesterday is
a Cancelled Cheque...

Tomorrow is
a Promissory Note...

Today is
Ready Cash...use it!

One day at a time!

One day at a time, with its failure and fears,
With its hurts and mistakes, with its weakness and tears,
With its portion of pain and its burden of care;
One day at a time we must meet and must bear.

One day at a time to be patient and strong;
To be calm under trial and sweet under wrong;
Then its toiling shall pass and its sorrow shall cease;
It shall darken and die, and the night shall bring peace.

One day at a time, but the day is so long,
And the heart is not brave, and the soul is not strong,
O Thou pitiful God, be Thou near all the way;
Give courage and patience and strength for the day.

Not the morrow's uncertain and shadowy care;
Not yesterday's load we are called on to bear,
Why should we look forward or back with dismay?
Our needs, as our mercies, are but for the day.

One day at a time and the day is His day,
He hath ^{has} numbered its hours, though they haste or delay;
His grace is sufficient; we walk not alone;
As the day, so the strength that He giveth His own.

- Nixon Waterman

*I've shut the door on Yesterday.
And thrown the key away.
Tomorrow holds no fears for me,
Since I have found Today!*

Do it now!

If you have hard work to do,
Do it now!
Today the skies are clear and blue,
Tomorrow clouds may come in view.
Yesterday is not for you;
Do it now!

If you have a song to sing,
Sing it now!
Let the tones of gladness ring,
Clear as song of bird in spring.
Let each day some music bring;
Sing it now!

If you have some kind words to say,
Say them now!
Tomorrow may not come your way,
Do a kindness while you may.
Loved ones will not always stay;
Say them now!

If you have a smile to show,
Show it now!
Make hearts happy, roses grow,
Let the friends around you know,
The love you have before they go;
Show it now!

- Edgar Guest

*Some of the biggest Fires
could have been extinguished...
...by pouring a cup of water
at the right time!*

Realising Value of Time!

To realize the value of one year...
Ask a student who has failed a final exam!

To realize the value of one month...
Ask a mother who has given birth to a premature baby!

To realize the value of one week...
Ask an editor of a weekly newspaper!

To realize the value of one hour...
Ask the lovers who are waiting to meet!

To realize the value of one minute...
Ask a person who has just missed the bus, train, or plane!

To realize the value of one second...
Ask a person who has survived an accident!

To realize the value of one millisecond...
Ask a person who has won a silver medal in the Olympics!

The Clock of Life

The clock of life is wound but once,
And no man has the power,
To tell just when the hands will stop,
At late or early hour.

Now, is the only time you own.
Live, love, work with a will.
Place no faith in tomorrow,
For the clock may then be still.

Rs. 86,400 each day!

Imagine there is a Bank, which credits your account each morning with Rs.86,400.

It carries over no balance from day to day...allows you to keep no cash balance... and every evening, cancels whatever part of the amount you had failed to use during the day.

What would you do with such a Bank Account?

Draw out every paisa from the same, of course!

Well, everyone has such a Bank. Its name is 'Time'.

Every morning, it credits you with 86,400 seconds. Every night it writes off as lost, whatever of this amount you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against 'tomorrow.'

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

The clock is running! Make the most of today!

*All are architects of Fate,
Working in these walls of Time.
For the structures that we raise,
Time is with materials filled.
Our todays and yesterdays,
Are the blocks with which we build.
Build today, then, strong and sure,
With a firm and ample base.
And ascending and secure,
Shall tomorrow find its place.*

Henry W. Longfellow

Value-Based Life-style... The Art of Time Efficiency!

If you are not living your life on purpose, which includes managing your time on purpose, chances are you will never harness your full power to become the person you were designed to be.

Once you commit to a value-based life-style, your life will reflect such magnificent form that you will have little time to live the lesser life of complacency, laziness, or excusitis. You will move forward, not backward. Life will pose challenges, not problems. Objects obstructing your path will no longer be stumbling blocks, but rather stepping-stones to your brighter future. When you live your life to the maximum, all the rules change because your values clarify your thinking.

Life-Productive Behaviour is the conduct that sets the stage for you to live your life with control, organization and fulfillment, allowing you to get what you want because you are focused on the right things. When you manage your time, you manage your values. When you manage your values, you begin to enjoy inner peace because everything about you and your life is becoming consistent. When your values are clear to you, the decisions on how to use your time no longer appear challenging. Your job is to continue aligning your values with your activities.

People who feel good about them produce good results. The direct relationship between our sense of self-esteem and our personal productivity is a proven concept in management. In time management, because its basis is personal productivity, the relationship is vital. A person may possess many practical skills and be able to apply them well and yet have a very low self-esteem. This person will feel a great discomfort at the thought of having to learn a new skill or having to change his environment in any meaningful way.

Another person with a high self-esteem may be lacking in practical skills, but having no fear of learning or of confronting a new environment, he can quickly and enjoyably learn and adapt to difference situations.

To live life on purpose, you must bolster your confidence and take more control. Your esteem is enhanced when you do, it suffers when you do not. If you fail to control the events in your life, then the events will put a chokehold on you. Your productivity goes up when you are in control, it goes down when you are not. In that weakened state, you will make weak decisions, and every weak decision will affect your productivity, seducing you to accept less of what you truly want. To enjoy the healthiest life possible, you need to:

- know your key value areas;
- determine specifically what you want in those areas;
- learn new skills, if necessary, to be more effective in those areas;
- schedule activities that give you a sense of accomplishment in those areas;
- repeat your behaviour consistently, aligning what you are doing and what you know is value-based.

Decision-making is not a matter of time or money, it is a matter of values.

Do the math on this. If you truly want to get things done in your life that until now you have not been able to do, get up an hour earlier or stay up an hour later each day. This will give you an extra 365 hours each year to do what is important to you. It will not cost you a dime, but it will require an investment in a life of discipline.

To get the life you want, demands that you master the arts of planning, delegating, and scheduling. Then you must use your values as your sole motivator for achieving your ultimate goal to distance yourself from the tyranny of the urgent, and move yourself closer to the wisdom of doing what is most important and worthwhile!

- Todd Duncan

Take Time...

Take time to laugh...

It is the music of the soul.

Take time to play...

It is the secret of perpetual youth.

Take time to dream...

It is reaching for the stars.

Take time to think...

It is the source of power.

Take time to read...

It is the fountain of wisdom.

Take time to be friendly...

It is the road to happiness.

Take time to give...

It is too short a day to be selfish.

Take time to love and to be loved...

It is a God-given privilege.

Take time to work...

It is the price of success.

Take time to pray...

It is the greatest power on earth.

- Old English Prayer

"This too will pass."

*These are wonderful words
to be used at all times in life!*

*When things are
absolutely alarming
or dauntingly dreadful...
when everything is just
superb and marvellous,
joyous or delightful...
...say these four words to yourself.*

*They will give you
a sense of perspective
and help you
to make the most of good
and be calm and unruffled
by what is bad!*

Claire Rayner

The most Precious of all Possessions!

You wake up in the morning, and lo!

*Your purse is magically filled with twenty-four hours...
the most precious of all possessions!*

Time is the inexplicable raw material of everything. With it, all is possible... without it, nothing. The supply of time is truly a daily miracle, an affair genuinely astonishing when one examines its.

You wake up in the morning, and lo! Your purse is magically filled with twenty-four hours of the unmanufactured tissue of the universe of your life! It is yours. It is the most precious of all possessions... no one can take it from you. It is unstealable. And no one receives either more or less than you receive.

In the realm of time there is no aristocracy of wealth, and no aristocracy of intellect. Genius is never rewarded by even an extra hour a day. And there is no punishment. Waste your infinitely precious commodity as much as you will, and the supply will never be withheld from you. Moreover, you cannot draw on the future. Impossible to get into debt! You can only waste the passing moment. You cannot waste tomorrow... it is kept for you. You cannot waste the next hour... it is kept for you.

You have to live on this twenty-four hours of daily time. Out of it you have to spin health, pleasure, money, content, respect, and the evolution of your immortal soul. Its right use, its most effective use, is a matter of the highest urgency and of the most thrilling actuality. All depends on that. Your happiness...the elusive prize that you are all clutching for, my friends...depends on that!

If one cannot arrange, that an income of twenty-four hours a day shall exactly cover all proper items of expenditure, one messes up his whole life indefinitely. We never shall have any more time. We have, and we have always had, all the time there is!

- Arnold Bennett

Today is Yesterday's Tomorrow!

...And Today is also Tomorrow's Yesterday!

Today is the actual result of the effectiveness of your plans. If you had fully utilized each and every hour available yesterday, then you would have done all you could to maximize your possibilities for achievement, reward and success today. If you wasted those precious moments of yesterday in frivolous, unproductive endeavors, your rewards will come in like fashion today. Along with the results of your previous efforts, today also contains the seeds of tomorrow's possibilities.

Today embraces the opportunity to make tomorrow the way you want it to be. Today is your last chance to influence and change the results that will surely come forth tomorrow. Each day represents the results and proof of your previous endeavors, together with an opportunity for change in the future. The results of your efforts today will surely appear as tomorrow's reality. Where you are tomorrow depends on how wisely and effectively you use the hours available today.

Start each day with a positive mental attitude. Visualize and focus on your goals. Carefully make your plans. Write them down in detail. List the things that must be done each day to accomplish your goals. Use every hour of every day to execute your plans effectively to produce desired results.

At the end of each day, ask yourself this question:

*Did I do everything I could today,
to make tomorrow the way I want it to be?*

When you can answer this daily question in the absolute affirmative, you are well on your way to the success and achievement you seek and deserve!

- Herbert Harris

Prime Time Always!

Many men write to me about the matter of their age. One man writes...“I am 51. Am I too old to start a business of my own?” And another writes...“I am 18. Am I too young to go on the road as a salesman?”

A baby boy in a cradle is a centre of attraction. And if he lives to be 100 years old, he will be a centre of attraction again.

In every year of a man's life there is some special advantage that he can possess. A man possesses certain qualities in childhood. When he is 20, he has lost these qualities and gained others. He has new qualities at 40 and at 60 and at 80. There is a loss of some but a gain of other qualities. This is true if he keeps himself mentally young.

***How old a man is, that simply does not matter!
He can be creative and influential at any age.***

Mozart started giving concerts when he was 6, and Michelangelo did his most famous work when he was 87.

Pitt was Prime Minister when he was 24, and Gladstone was when he was 83.

Goethe began to be write when he was 10, but wrote his greatest production 'Faust' when he was 80.

Coleridge was 25 when he wrote his most famous poem 'The Ancient Mariner', and Leonardo da Vinci was 77 when he painted his famous picture 'The Last Supper.'

So, what about this matter of age? Is it not a complete delusion, that a man can be either too old or too young to accomplish any useful work? A man's creative life can begin at 8 or at 80. This is a fact we discover by reading the lives of great men.

***No matter how young you are, or how old you are,
you are never handicapped by age!***

- Herbert Casson

Young in Spirit forever!

*It is magnificent to grow old,
if one keeps young.*

Your subconscious mind never grows old. It is timeless, ageless, and endless. It is a part of the universal mind of God, which was never born, and it will never die.

Peace, love, joy, beauty, happiness, wisdom, goodwill, harmony and understanding are qualities, which never grow old or die. If you continue to generate these qualities here on this plane of life, you will always remain young in spirit. Your character, the quality of your mind, your faith, and your convictions are not subject to decay.

We should accept what we call old age, gracefully. Age has its own glory, beauty, and wisdom, which belong to it. To quote Ralph Waldo Emerson:

*We do not count a man's years,
until he has nothing else to count.*

*Age is a quality of mind.
If you have left your dreams behind,
If hope is cold,
If you no longer look ahead,
If your ambition's fires are dead...
Then you are old!*

*But if from life you take the best,
And if in life you keep the zest,
If love you hold.
No matter how the years go by,
No matter how the birthdays fly...
You are not old!*

Good Luck or Bad Luck

This ancient Chinese legend illustrates that luck has little to do with success in life.

The story is told of an old man who seemed to have everything. He had a beloved son, a prized horse, and many of the material things that most people want. But one day his most valuable possession, his horse, broke out of the corral and ran away into the nearby mountains. In one moment, he lost this priceless asset.

On hearing of this calamity, his neighbours came to offer their profound sympathy. They all said to him, "Your horse is gone, what bad luck!" Then they cried and attempted to console him. But he answered back, "How do you know it's bad luck?"

Sure enough, a few days later, the horse returned home where he knew there would be ample food and water. Along with him, he brought back twelve beautiful wild stallions. When all the town-people heard the good news, they came over and congratulated the man, saying, "What good luck, thirteen horses!" And the wise old man replied, "How do you know it's good luck?"

They remembered his words the next day when his son, his only child, tried to ride one of the wild stallions. He was thrown off, broke his leg, and was left with a permanent limp. When his neighbors heard about the accident, they came to him again and said, "Your son, forever a cripple. What bad luck!" But the wise old man again asked, "How do you know it's bad luck?"

Sure enough, about a year later, a warlord came to town, conscripted every able-bodied young man, and took them off to battle. The battle was lost and all the warriors were killed. The only young man left in the village was the old man's crippled son, for he had not been conscripted due to his handicap.

You don't know when something is good luck or bad luck, which only time can tell! So don't count on it to get you where you want to go.

Slow me down... O Lord!

Slow me down... O Lord!

Ease the pounding of my heart by
the quieting of my mind.

Steady my hurried pace with a vision of
the eternal reach of time.

Give me, amid the confusion of the day,
the calmness of the everlasting hills.

Break the tensions of my nerves and
the muscles with the soothing music of
the singing streams that live in my memory.

Teach me the art of taking minute vacations...
of slowing down to look at a flower,
to chat with a friend, to pat a dog,
to smile at a child,
to read a few lines from a good book.

Remind me each day that the race is
not always to the swift... that
there is more to life than increasing its speed.

Let me look upward to the towering oak
and know that it grew great and strong
because it grew slowly and well!

- Wilfred A. Peterson

The Vision of Life

Each of us one day
will be judged
by our
standard of life...
not by our
standard of living...
by our measure
of giving...
not by our
measure of wealth...
by our
simple goodness...
not seeming greatness!

The Vision of Life

Don't shoot Butterflies
with Rifles...

Don't make Tragedies
of Trifles...

Laugh them off!

Life is a Mirror!

There are loyal hearts, there are spirits brave,
There are souls that are pure and true;
Then give to the world the best you have,
And the best will come back to you.

Give love, and love to your life will flow,
A strength in your utmost need;
Have faith, and a score of hearts will show
Their faith in your word and deed.

Give truth, and your gift will be paid in kind,
And honour will honour meet;
And a smile that is sweet will surely find
A smile that is just as sweet.

Give sorrow and pity to those who mourn;
You will gather in flowers again
The scattered seeds of your thought outworn,
Though the sowing seemed but vain.

For life is the mirror of king and slave,
It's just what we are and do;
Then give to the world the best you have,
And the best will come back to you.

- Mary Ainge De Vere

Reputation is what people think you are...
Personality is what you appear to be...
Character is what you really are!

The Man worthwhile...

It's easy enough to be pleasant,
 when life flows by like a song;
But the man worthwhile is the one who will smile,
 when everything goes dead wrong.

For the test of the heart is trouble
 and it always comes with the years;
And the smile that is worth the praises of earth
 is the smile that shines through tears.

It is easy enough to be prudent,
 when nothing tempts you to stray;
When without or within no voice of sin
 is luring your soul away.

But it is only a negative virtue,
 until it is tried by fire;
And the life that is worth the honour on earth
 is the one that resists desire.

By the cynic, the sad, and the fallen,
 who had no strength for the strife;
The world's highway is cumbered today,
 they make up the sum of life.

But the virtue that conquers passion
 and the sorrow that hides a smile;
It is these that are worth the homage on earth,
 for we find them but once in a while.

- Ella Wheeler Wilcox

Looking for the Gold!

As a young Scots boy, Andrew Carnegie came to America and started doing odd jobs. He ended up as one of the largest steel manufacturers in the United States of America. At one time he had 43 millionaires working for him. Several decades ago, a million dollars used to be a lot of money.

Someone asked Andrew Carnegie how he dealt with people, to which he replied, "Dealing with people is like digging gold. When you go digging for an ounce of gold, you have to move tons of dirt to get an ounce of gold. But when you go digging, you don't go looking for the dirt, you go looking for the gold."

What is your focus? Become a digger for gold. If you are looking for what is wrong with people or with things, you will find many. What are you looking for? Andrew Carnegie's reply has a very important message!

There is something positive in every person and every situation. Sometimes we have to dig deep to look for the positive because it may not be apparent. Besides, we are so used to looking for what is wrong with other people and situations, we forget to see what is right. Someone once said that even a stopped clock is right twice a day!

So remember, when you go looking for gold, you have to move tons of dirt to get to an ounce of gold. But when you go looking, you don't go looking for the dirt, you go looking for the gold!

The Builder and his House

An elderly builder wanted to retire. He told his employer-contractor of his plans to leave the house building occupation and live a more leisurely life with his family.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor.

The builder said yes, but his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the builder finished his work and his employer came to inspect the house, the contractor handed the front-door key to the builder. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If only we had realized, we would have done it differently.

Think of yourself as the builder. Think about the house you build as your life. Each day you hammer a nail, place a board, or erect a wall. Build wisely! It is the only life you will ever build!

Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Your life today is the result of your attitudes and choices in the past! Your life tomorrow will be the result of your attitudes and the choices you make today!

Life gives what you ask!

I bargained with Life for a penny,
And Life would pay no more;
However I begged at evening,
When I counted my scanty store.

For Life is a just employer,
He gives you what you ask;
But once you have set the wages,
Then, you must bear the task.

I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have willingly paid.

- Jessie Rittenhouse

*It would be much worse...
to have perfect sight and no vision,
than the other way around!*

Helen Keller

Grammar of Right Living

Get your grammar right! Live in the *active voice* rather than in the *passive*, thinking more about what you do than about what happens to you. Live in the *indicative mood* rather than in the *subjunctive*, concerned with things as they are, rather than as they might be. Live in the *present tense*, without regret for the *past* or worry about the *future*.

Live in the *first person*, criticizing yourself, rather than finding fault with others. Live in the *singular number*, caring more for the approval of your own conscience than for the applause of the crowd. If you want a *verb to conjugate*, you can't do better than to take the *verb to love*.

Company of a good Mentor...

There are many ways to effectively pursue our dreams. We can read books, listen to tapes, go to seminars, and engage in the other normal methods of instruction, all of which are good, wise, and important. But the fastest way to making right decisions in our work and life, however, comes from the influence of a Mentor. Mentors have been around for a long time. For thousands of years, influential men and women have been making profound impact on the lives of others by being their Mentors.

A good Mentor will facilitate your growth and development, and provide a model for you to follow. A Mentor will walk you through the necessary steps to help you reach your goals. As you continue to pay attention to the promises you are making and as you focus on the visions you have set for your life, your Mentor will be the one person who can do more to help you arrive at your destination, than anything or anyone else. Your Mentor will know how to share alternatives to your present course of action, warn you of the potential pitfalls, and give you the method and motivation to change course if necessary.

With a Mentor, you will get to your destination faster, smarter, and with fewer wounds. With a Mentor, you will experience the joy of travelling with someone who believes in you, who will never let you down, and who will always have your best interests at heart.

As you pursue your Mentor relationship, do not limit your options. You may discover it is best for you to have more than one Mentor at a time. You may engage the wisdom of a financial Mentor, a health Mentor, a spiritual Mentor, and a business or professional Mentor.

Someone else mentored the person you may ask to be your Mentor. Down the road, someone is waiting to be mentored by you. If you have been taught something of value, you have a responsibility to share what you have learned. That is an ultimate win-win relationship!

- Todd Duncan

This life is what we make it!

Let's oftener talk of noble deeds
And rarer of the bad ones;
And sing about our happy days
And not about the sad ones.

We were not made to fret and sigh
And when grief sleeps to wake it;
Bright happiness is standing by,
This life is what we make it!

Let us find the sunny side of men
Or believe in it;
A light there is in every soul,
That takes the pains to win it.

Oh! there is a slumbering good in all
And we per chance may wake it;
Our hands contain the magic wand,
This life is what we make it!

Then here's to those whose loving hearts
Shed light and joy about them;
Thanks be to them for countless gems
We never had known without them.

Of this should be a happy world,
To all who may partake it;
The fault's our own if it is not,
This life is what we make it!

- George Elliott

*To live content with small means...
To seek elegance, rather than luxury...
And refinement, rather than fashion...
To be worthy, not respectable...
And wealthy, not rich...*

*To study hard, think quietly...
Talk gently, act frankly...
To listen to stars and birds...
Babes and sages, with open heart...
To bear all cheerfully...
And do all bravely...*

This is my vision of life!

William Channing

Changing the World!

When I was a young man,
I wanted to change the world.
I found it was difficult to change the world,
so I tried to change my nation.

When I found I couldn't change the nation,
I began to focus on my town.
I couldn't change the town and as an older man,
I tried to change my family.

Now, as an old man, I realize the only thing
I can change is myself,
and suddenly I realize, that if long ago
I had changed myself,
I could have made an impact on my family.

My family and I
could have made an impact on our town.
Their impact could have changed the nation and
I could indeed have changed the world!

First build a better you!

"You should build a better world!" God said.

He questioned, "How?
The world is such a wondrous place.
So complicated now!
And I so small and useless am,
There's nothing I can do!"

But God, all-wise and kind replied,
"First build a better you!"

- Alexander Pope

God, give us Men!

God, give us men! A time like this demands,
Strong minds, great hearts,
true faith and ready hands.

Men whom the lust of office does not kill,
Men whom the spoils of office cannot buy,
Men who possess opinions and a will,
Men who have honour, men who will not lie.

Men who can stand before a demagogue
And damn his treacherous
flatteries without winking!
Tall men, sun-crowned, who live above the fog
In public duty and in private thinking.

For while the rabble, with their thumb-worn creeds,
Their large professions and their little deeds,
Mingle in selfish strife. Lo! Freedom weeps,
Wrong rules the land and waiting Justice sleeps.

- Josiah Gilbert Holland

If man unbuilted goes!

We are all blind until we see
What is the human plan?
Nothing is worth the making if
It does not make the man.

Why build these cities glorious
If man unbuilted goes?
In vain we build the work, unless
The Builder also grows.

- Edwin Markham

You are a Difference Maker!

The story is told of the grandfather walking with his grandson on the beach. The grandfather frequently reached down and picked up a 'sand dollar' and threw it out to sea. After a period of time, the grandson said to his grandfather, "Grandpa, what are you doing?"

And the grandfather smiled and said, "Well, son, these 'sand dollars' are living organisms, and if I don't throw them back out to sea, they will die in the sun."

The grandson replied, "But, Grandpa, there are thousands and thousands of them! What possible difference can it make?"

The grandfather quietly reached down, picked up another 'sand dollar,' threw it out to sea, and said, "To this one, it makes all the difference in the world."

You might not be able to change the world, but when you change your world, you will have taken a major step in changing the world of others, many of whom you will never know, by the words you use and the deeds you do. Dr. John Maxwell says the average person impacts more than ten thousand people in his or her lifetime. That's significant.

Somebody once said that no raindrop takes any responsibility for the flood, nor does any snowflake blame itself for the blizzard, yet the reality is that each one played a part. Unfortunately, too many people throw up their hands and say, "What can I do?"

Figuratively speaking, you can throw the 'sand dollar' back out to sea, so that it can live. ***You can reach down and extend a helping hand to people in need. You can speak out and be an encouragement, not only to those around you, but through them, influence several others. The life you live makes quite a statement!***

- Zig Ziglar

The Cracked Pot

A Water Bearer in India had two large pots, each hung on either end of a pole, which he carried across his neck. One of the pots had a crack in it, and while the other pot which was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

After two years of what it perceived to be a bitter failure, the cracked pot spoke to the Water Bearer one day by the stream, "I am ashamed of myself, and I want to apologize to you." "Why?" asked the Bearer, "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way to your master's house. Because of my flaws, you have to do all this work, and yet you don't get full value from your efforts," the pot replied.

The Water Bearer felt sorry for the old cracked pot, and in his compassion he retorted, "As we return to the master's house, I urge you to take notice of the beautiful flowers along the path." Indeed, as they went up the hill, the old cracked pot beheld the sun warming the beautiful wild flowers on the side of the path.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That is because since I have known your flaw, I took advantage of it. I planted flower seeds on your side of the path, and every day while we walked back from the stream, you watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have had this beauty to grace his house."

Each of us has flaws. We are all like cracked pots. But if we imaginatively make the most of these cracks and flaws, that would indeed make our lives so rewarding!

Be Thankful!

Be thankful, that you don't have everything you desire.
If you did, what would there be to look forward to?

Be thankful, when you don't know something.
For it gives you the opportunity to learn.

Be thankful, for the difficult times.
It is during those times that you grow.

Be thankful, for your limitations,
Because they give you opportunities for improvement.

Be thankful, for each new challenge,
For that will build your strength and character.

Be thankful, for your mistakes.
They will teach you valuable lessons.

Be thankful, when you're tired and weary,
Because it means you've made an effort.

It's easy to be thankful for the good things in life.

But a life of rich fulfillment comes to those,
Who are also thankful for their setbacks.

The Gift of Friends!

If all the sorrows of this weary earth,
The pains and heartaches of humanity.
If all were gathered up and given to me,
I still would have my share of wealth and worth.

Thank God for friends, who grow as years increase,
Who, as possessions fail our hopes and hands,
Become the boon supreme, than gold and lands.
More precious. Let all else, if must be, cease.

But, Lord of Life, I pray on me bestow,
The Gift of Friends, to share the way I go!

You are at the top when...

1. You clearly understand...that failure is an event, not a person...that yesterday ended last night, and today is your brand-new day.
2. You have made friends with your past, are focused on the present, and optimistic about your future.
3. You know that success doesn't make you, and failure doesn't break you.
4. You are filled with faith, hope, and love; and live without anger, greed, guilt, envy or revenge.
5. You have made friends of your adversaries, and have gained the love and respect of those who know you best.
6. You understand that others can give you pleasure, but genuine happiness comes when you do things for others.
7. You are pleasant to the grouch, courteous to the rude, and generous to the needy.
8. You love the unlovable, give hope to the hopeless, friendship to the friendless, and encouragement to the discouraged.
9. You can look back in forgiveness, forward in hope, down in compassion, and up with gratitude.
10. You recognize, confess, develop, and use your God-given physical, mental, and spiritual abilities to the glory of God and for the benefit of mankind.
11. You stand in front of the Creator of the universe, and He says to you, "Well done, thou good and faithful servant."

- Zig Ziglar

The Wealth of Wisdom

Wisdom is knowing
what to do next...

Skill is knowing
how to do it...

And Virtue is
Doing it!

The Wealth of Wisdom

We cannot direct
the winds...

But we can certainly
adjust our sails!

Don't wait for
your ship to come in...

Swim out to it!

Teamwork

We can learn some inspiring lessons on Teamwork, if we contemplate on these interesting behavioural traits of a flock of geese flying in the sky.

Why do geese fly in a 'V' formation? The scientific explanation for this reveals that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a 'V' formation, the whole flock adds at least 71% greater flying range, than if each bird flew on its own.

People, who are part of a team and share a common direction, get where they are going, quicker and easier, because they travel on the trust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone, and quickly gets back into the formation to take advantage of the power of the flock.

If we have as much sense as a goose, we should share information with those who are headed the same way that we are going.

When the lead goose gets tired, he rotates back in the wing and another goose takes over.

It pays to share leadership and take turns, doing the hard jobs.

The geese honk from behind, to encourage those up front to keep their speed.

Words of support and inspiration help energize those on our front line, helping them to keep pace in spite of the day-to-day pressures and fatigue.

When a goose gets sick or is wounded by a gunshot and falls out, two geese fall out of the formation and follow the injured one down, to help and protect him. They stay with him until he is either able to fly or until he is dead, and then they launch out with another formation to catch up with their group.

The message for us is that we should stand by each other when things get rough.

So the next time you see a formation of geese, remember... that it is a reward, a challenge and a privilege to be contributing as a member of a team!

Key to Quality

One manager let his employees know just how valuable each one was by writing the following memorandum. It clearly demonstrates how each person is a critical part of any team or organization, and must do his or her part to ensure that the group works together and succeeds as a unit.

Consider the effect on the quality of the work produced when only one person (or key 'e' as in this case) is not functioning properly:

XVXRY PXRSON IS IMPORTANT

Xvxrn though my typxwritxr is an old modxl, it works vxry wxll... xxcxpt for onx kxy. You would think that with all thx othxr kxys functioning propxrly, onx kxy not working would hardly bx noticxd; but just onx kxy out of whack sxxms to ruin thx wholx xffort.

You may say to yoursxlf... Wxll, I'm only onx pxrson. No onx will noticx if I don't do my bxst. But it doxs makx a diffxrxncx bxcausx to bx xffxctivx an organization nxxds activx participation by vxry onx to thx bxst of his or hxr ability.

So thx nxxt timx you think you arx not important, rxmxmbxr my old typxwritxr. You arx a kxy pxrson.

How children learn!

If a child lives with criticism, he learns to condemn.

If a child lives with praise, he learns to appreciate.

If a child lives with hostility, he learns to fight.

If a child lives with tolerance, he learns to be patient.

If a child lives with ridicule, he learns to be shy.

If a child lives with cheer, he learns to be confident.

If a child lives with shame, he learns to feel guilty.

If a child lives with approval, he learns self-esteem.

If a child lives with fairness, he learns justice.

If a child lives with security, he learns to have faith.

If a child lives with acceptance and friendship,
he learns to find love in the world.

Who is responsible?

A judge, when sentencing a man for robbery, asked if he had anything to say.

The man replied, "Yes, your honor. Please sentence my parents to jail also."

The judge asked, "Why?"

The prisoner answered, "When I was a little boy, I stole a pencil from school. My parents knew about it but never said a word. I continued to steal many other things from the school and the neighborhood, till it became an obsession. They knew about it, yet knowingly ignored it. If anyone belongs in jail with me, they do."

In not discharging their responsibilities, the parents are also to blame, although it does not absolve the child of his responsibility.

Little Eyes upon you!

There are little eyes upon you
and they're watching night and day.
There are little ears that quickly
take in every word you say.

There are little hands all eager
to do anything you do.
And a little boy who's dreaming
of the day he'll be like you.

You're the little fellow's idol,
you're the wisest of the wise.
In his little mind about you
no suspicions ever rise.

He believes in you devoutly,
holds all that you say and do.
He will say and do, in your way,
when he's grown up like you.

There's a wide-eyed little fellow,
who believes you're always right.
And his eyes are always open,
as he watches you day and night.

You are setting an example
every day in all you do.
For the little boy who's waiting
to grow up to be like you.

The World of Books!

The World of Books
Is the most remarkable creation of man!
Nothing else that he builds ever lasts.
Monuments fall, Nations perish,
Civilizations grow old and die out.
And after an era of darkness New races build others.
But in the World of Books are volumes
That have seen this happen again and again.
And yet live on. Still young.
Still as fresh as the day, they were written.
Still telling men's hearts
Of the hearts of men centuries dead.

Read Good Books!

A good book is a wonder thing,
That sets the spirit travelling.
Down strange exciting ways, and through,
New doors undreamed of hitherto.
It opens vistas to the eyes,
Where the happy, far-off distance lies.
It lifts the cares of every day,
When one is off and on his way.
For oh, indeed, a heart can roam,
Through a good book, yet stay at home.
A table, a lamp, a chair, and be
Absorbed in rhyme or mystery.
Absorbed in words upon a page,
O questioning Youth, O seeking Age,
Read Books, Good Books, and you will find
Adventure and new worlds outlined!

Build a Home Library!

*Show me a man's home library,
the type of books that he reads,
and I will better know the character of the man.
With considerable accuracy, I will be able
to look far into his future, as well!*

Self-help and Motivational Books, which serve as stepping stones to higher ideals and nobler purposes in life, are, by far, the most precious aids in all human endeavour. Every home should have a bookshelf or shelves well stocked with these guides for spiritual, mental and physical achievement.

The principle object of reading should be for enlightenment and attainment of useful knowledge, which can be appropriated and applied, in one's daily life. Such books should serve to strengthen, refine, and ennoble the character of the reader.

A Home without spiritual books, a dictionary, an encyclopedia, and self-help books is like a house without windows for the light to enter.

Home, not the university, is where young minds are formed and fashioned for life!

- Bertrand Russell



BOOKS

*My never failing friends are they...
With whom I converse day by day...*

Robert Southey



Ego

When you're feeling high and mighty
And your Ego is supreme;
When you feel like the King of Blighty
And everybody's dream.

Just pause, and think this over,
You're not an irreplaceable bloke;
You're not as rare as a three-leaf clover,
You're less useful than a cloak.

Take a bucket, fill it with water from the rains
And dip your hands to the wrist;
Pull it out and the hole that remains
Measures how much you'll be missed.

When you entered this world, you cry and you turn,
You stir up a messy score;
But when you go, will you be amazed to learn
That the world's quite the same as before.

The Moral, it's quite so clear,
Is to do the best service you can;
Be humble and just wipe off a tear
And don't think you're an indispensable man.

- Digonadas

*He who knows not,
and knows not
that he knows not,
is a fool...leave him!*

*He who knows not,
and knows
that he knows not,
is simple...teach him!*

*He who knows
and knows not
that he knows,
is asleep...wake him!*

*He who knows
and he knows
that he knows,
is wise...follow him!*

Swami Vivekananda

Get the most out of Sleep!

Sleep is a divine law, and many answers to our problems come to us when we are sound asleep. Your subconscious mind never rests or sleeps. It is always active, controlling all your vital forces. It works even more rapidly while you are asleep, as there is no interference from your conscious mind. Remarkable answers come to you from your subconscious while you are asleep. Remember these practical tips to get the most out of your sleep:

- ☐ Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. You are spiritually recharged during sleep. Adequate sleep is essential for joy and vitality in life.
- ☐ If you are worried that you will not wake up on time, suggest to your subconscious mind prior to sleep the exact time you wish to arise, and it will awaken you. It needs no clock.
- ☐ If you are writing a book, or are working on an invention, speak to your subconscious mind at night and claim boldly that its wisdom, intelligence, and power are guiding, directing and revealing to you the ideal book or the perfect solution. You will see wonders happen!
- ☐ Forgive yourself and everyone else before you go to sleep, and healing will take place much more rapidly. The healing currents are released, and in the morning you feel refreshed and rejuvenated.
- ☐ Sleep brings counsel. Prior to sleep, claim that the infinite intelligence of your subconscious mind is guiding and directing you. Expect the best, and invariably the best will come to you!
- ☐ Trust your subconscious completely. Occasionally, your subconscious answers you in a very vivid dream and a vision in the night. You can be forewarned in a dream in the same way.
- ☐ When troubled by the vexations and strife of the day, still the wheels of your mind and think about the wisdom and intelligence lodged in your subconscious mind, which is ready to respond to you. This will give you peace, strength, and confidence!

Your Mental Blueprint!

If you were building a new home for yourself and family, you know that you would be intensely interested in regard to the blueprint for your home. You would see to it that the builders conformed to the blue print. You would watch the material and select only the best wood, steel, in fact, the best of everything.

What about your mental home and your mental blueprint for happiness and abundance? All your experiences and everything that enters into your life depend upon the nature of the mental building blocks, which you use in construction of your mental home.

If your blueprint is full of mental patterns of fear, worry or anxiety, and if you are despondent, doubtful or cynical, then the texture of the mental material you are weaving into your mind will come forth as more toil, care, tension, anxiety or limitation of all kinds.

You are building your mental home all the time, and your thought and mental imagery represent your blueprint. Hour by hour, moment by moment, you can build radiant health, success, and happiness by the thoughts you think, the ideas which you harbour, the beliefs that you accept, and the scenes that you rehearse in the hidden studio of your mind. This stately mansion, upon the construction of which you are perpetually engaged, is your personality, your identity in this plane, your whole life story on this earth.

Get your mental blueprint right! Build silently by realizing peace, harmony, joy, and goodwill in the present moment. By dwelling upon these things and claiming them, your subconscious will accept your blueprint and bring all these things to pass.

- Dr. Joseph Murphy

The Power of Words!

Soft words in a lullaby can put a baby to sleep...

Excited words can stir a mob to violence...

*Eloquent words can send armies marching
into the face of death...*

*Encouraging words can fan to flame the genius
of a Rembrandt or a Lincoln...*

*Powerful words can mould the public mind
as the sculptor moulds his clay...*

Words are a dynamic force!

Words have both the explosive power of a nuclear bomb and the soothing effect of oil on troubled waters. They can start a war or they can usher peace!

How others react toward us, depends in a large measure, upon the words we speak to them. Life is a great whispering gallery, that sends back echoes of the words we send out!

So closely have words and ideas been correlated by custom and habit of thought, that it is almost impossible for us to conceive of thinking without the mental employment of words. This being the case, it becomes important that we choose the best possible words, not merely as a matter of expression, but also as a means of thinking intelligently.

Before one is able to make a choice of effective words, and to learn to employ them to the best advantage, he must first have a sufficient number of words at his disposal, he must acquire an adequate vocabulary. The person having the largest vocabulary of effective words will be able to express himself most clearly and effectively.

It would be both profitable and enjoyable to decide today, to increase your vocabulary by at least one new word each day. By the end of the year you will have added a stock of 365 words and enriched your vocabulary.

The Art of Study!

A love for study is one of the noblest pleasures of life. Study is the application of the mind to any subject in order to learn about it. It is a part of the learning process and is accomplished by reading, observation, questioning, and reflection.

Effective or successful study consists of much more than mere reading. To study successfully, it is essential to keep the mind, through mental discipline, intensely engaged in the reading matter. The end result of intelligent study is to possess the ability to make effective use of the knowledge we have gained from our study.

To read in haste without thinking or reflecting on one's reading, to skim through a book, or to read with a wandering mind, is passive reading and contributes little, if anything, for the elevation of thought or accumulation of knowledge. Reading cannot be considered study unless one reads with the determination to retain what has been read, to assimilate and apply it in the great lesson of life.

If you want to get the best out of books, spend a quarter of an hour in reading, and three-quarters of an hour in thinking over what you have read.

Sitting erect in a comfortable chair at a table or desk contributes to effective study. These should be located where there is the least chance of distractions. The reading area should be well lighted to avoid eyestrain. A controlled room temperature, that is neither too hot nor too cold, is an aid toward effective study.

Underline or highlight striking portions of your study for review. The making of marginal notes and preparation of outlines are invaluable study aids that will help you digest your mental food.

- Emerson

Letter to Headmaster by Abraham Lincoln

Abraham Lincoln, the 16th President of the United States of America (1861-1865), is one of the world's greatest statesmen of all time. His remarkable literary artistry, his profound sense of the importance of Government by, for and of the people and the manner of his life and death have carved for him a niche in history. Here is a letter written by Abraham Lincoln to the Headmaster of a school in which his son was studying, a letter so typical of the man who bore malice towards none and had charity for all. This letter will be read with interest by teachers, students and their parents:

He will have to learn, I know, that all men are not just, all men are not true. But teach him also, that for every scoundrel there is a hero; that for every selfish politician, there is a dedicated leader...Teach him that for every enemy, there is a friend.

It will take time I know; but teach him, if you can, that a dollar earned is of far more value than five found...Teach him to learn to lose...and also to enjoy winning. Steer him away from envy, if you can. Teach him the secret of quiet laughter.

Let him learn early that the bullies are the easiest to lick...Teach him, if you can, the wonder of books...but also give him quiet time to ponder over the eternal mystery of birds in the sky, bees in the sun, and flowers on green hillside.

In school teach him, it is far more honourable to fail than to cheat...Teach him to have faith in his own ideas, even if everyone tells him they are wrong...Teach him to be gentle with gentle people and tough with the tough.

Try to give my son the strength, not to follow the crowd when everyone is getting on the bandwagon.

✓
Teach him to listen to all men...but teach him also, to filter all he hears on a screen of truth and take only the good that comes through.

Teach him, if you can, how to laugh when he is sad...Teach him there is no shame in tears. Teach him to scoff at cynics and to beware of too much sweetness...Teach him to sell his brawn and brain to the highest bidders; but never to put a price tag on his heart and soul. Teach him to close his ears to a howling mob...and to stand and fight if he thinks he is right.

Treat him gently, but do not cuddle him, because only the test of fire makes fine steel. Let him have the courage to be impatient...let him have the patience to be brave. Teach him always to have sublime faith in himself, because then he will always have sublime faith in mankind.

This is a big order, but see what you can do...He is such a fine little fellow, my son!

- Abraham Lincoln

If we work upon men's immortal minds...

If we work upon marble, it will perish.

If we work upon brass, time will efface it.

If we rear temples, they will crumble to dust.

But if we work upon men's immortal minds...

If we imbue them with high principles,
with the just fear of God
and love of their fellowmen...

We engrave on those tablets...

Something which no time can efface,
and which will brighten and brighten
to all eternity!

- Daniel Webster

The Grace of Almighty

Lord!

Help me
to remember...

...that nothing is
going to happen today...

...that You and I
together cannot handle!

The Grace of Almighty

God! Grant me
the serenity...

...to accept the things
I cannot change...

...courage to change
the things I can...

...and the wisdom
to know the difference!

It is between you and God!

People are often unreasonable, irrational and self-centered...

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives...

Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies...

Succeed anyway.

If you are honest and sincere, people may deceive you...

Be honest and sincere anyway.

What you spend years creating, others could destroy overnight...

Create anyway.

If you find serenity and happiness, some may be jealous...

Be happy anyway.

The good you do today, may often be forgotten...

Do good anyway.

Give the best you have, and it may never be enough...

Give your best anyway.

***In the final analysis, it is between you and God!
It was never between you and them, anyway!***

Inspirations from Lord Ganesh



Lord Ganesh's Big Head inspires us
to think big and think profitably....

His Big Ears beckon us
to hear attentively to new ideas and suggestions...

His Narrow Eyes provoke us
to focus sharp concentration on our tasks
to accomplish them successfully...

His Long Nose prompts us
to sniff around inquisitively to gain knowledge...

His Small Mouth urges us
to speak less and listen more...

His Large Stomach reminds us
to keep things we hear unto ourself...

The Sweets in his hand enthuse us
to share sweetness with all who meet us...

His two Life Partners Riddhi and Siddhi
guide us to believe that both
Knowledge and Wealth are important in life!

Father, let my country awake!

Where the mind is without fear
and the head is held high,
Where knowledge is free...

Where the world has not been broken up
into fragments by narrow domestic walls...

Where words come out from the depths of truth...

Where tireless striving
stretches its arm towards perfection...

Where the clear stream of reason has not lost
its way into the dreary desert sand of dead habit...

Where the mind is led forward by thee
into ever-widening thought and action...

Into that heaven of freedom, my Father...
let my country awake!

- Rabindranath Tagore

A Universal Prayer

Lord! Make me an Instrument of Thy Peace!

Where there is hatred, let me sow Love...

Where there is injury, let me sow Pardon...

Where there is doubt, let me sow Faith...

Where there is despair, let me sow Hope...

Where there is sadness, let me sow Joy...

O Divine Master! Grant that I may not seek...

So much to be consoled as to console...

So much to be understood as to understand...

So much to be loved as to love...

For it is in giving, that we receive...

It is in forgiving, that we are forgiven...

And it is in dying, that we are born to Eternal Life!

- St. Francis of Assisi



Looking Within!

According to Hindu Legend, there was a time on Earth when people possessed the wisdom and virtues of the Gods. But the veil of physical life kept human beings from fully appreciating this gift.

Brahma concluded that it was wrong to leave such precious treasure lying at the feet of sleepwalkers. So he decided to hide it where only the most persistent would ever discover it.

"Let's bury it deep in the earth," one God suggested.

"No," replied Brahma. "People will dig down in the earth and find it."

"Then let's put it in the deepest ocean," said another.

Brahma rejected that idea, too. "People will learn to dive and will find it someday," he said.

A third God asked, "Why don't we hide it on the highest mountain?"

Brahma answered, "No, people can climb even the highest mountain. I have a better place. Let's hide it deep inside the people themselves. They'll never think to look there."

And thus, for centuries together, man has been wandering hither and thither in vain, without appreciating that true enlightenment and bliss lies within his own inner self!

Only those fortunate few, who have attained 'self-realization', have achieved the ultimate in life!

Infinite Power... ...in tune with the Infinite!

*We are the Spirit of Infinite Power,
and in the degree that we open ourselves to it,
does the power become manifest in us.
In conjunction with God, all things are possible!*

The true secret of the power within us, lies in keeping our connection with God. And in the degree that we keep this connection, are we able to rise above every conceivable limitation.

Why, then, waste time in running hither and thither to acquire power? Why not go directly to the mountaintop itself, instead of wandering through the byways, in the valleys, and on the mountainsides? That man has absolute dominion, as taught in all the scriptures of the world, is true not of physical man, but of spiritual man. There are many animals, for example, larger and stronger, over which from a physical standpoint he would not have dominion, but he can gain supremacy over even these by calling into activity the higher, mental, psychic, and spiritual forces with which he is endowed.

Whatever cannot be done in the physical, can be done in the spiritual. And in direct proportion as a man recognizes himself as spirit, and lives accordingly, is he able to transcend in power. All the sacred literature of the world is teeming with examples of what we call miracles. These miracles were performed, not by those who were more than men, but by those who through the recognition of their oneness with God, became God-men, so that the higher forces and powers worked through them.

For what, let us ask, is a miracle? Is it something supernatural?

Supernatural only in the sense of being above the natural, or rather, above that which is natural to man is his ordinary state. A miracle is nothing more nor less than this. One who has come into knowledge of his true identity, of his oneness with the all-pervading Wisdom and Power, thus makes it possible for laws higher than the ordinary mind knows of, to be revealed to him.

Yes, it is the God-man who does the things that appear supernatural, the man who by virtue of his realization of the higher powers transcends the majority, and so stands out among them. But any power that is possible to one human soul is possible to another. The same laws operate in every life. We can be men and women of power, or we can be men and women of impotence. The moment one vitally grasps the fact that he can rise, he will rise, and he can have absolutely no limitations other than the limitations he sets to himself. Cream always rises to the top. It rises simply because it is the nature of the cream to rise.

There is but one source of power in the universe. Whatever then you are, painter, orator, musician, writer, religious teacher, or whatever it may be, know that to catch and take captive the secret of power, is to work in conjunction with the Infinite Power, in order that it may continually work and manifest through you.

Whatever estimate you put upon yourself will determine the effectiveness of your work along any line. As long as you live merely in the physical and the intellectual, you set limitations to yourself that will hold you as long as you so live.

When, however, you come into the realization of your oneness with the Infinite Life and Power, and open yourself that it may work through you, you will find that you have entered upon an entirely new phase of life, and that an ever increasing power will be yours!

- Ralph Waldo Trine

Footprints

One night I dreamed
I was walking along the beach with the Lord.

Many scenes from my life,
flashed across the sky.

Sometimes there were two sets of footprints,
other times there was only one.

This bothered me, because I noted that
during the low period of my life,
when I was suffering from anguish,
sorrow or defeat, I could see
only one set of footprints.

So I said to the Lord,
"You promised me, O Lord,
that if I followed you,
you would walk with me always.
But I have noticed that
during the most trying periods of my life,
there has been only
one set of footprints in the sand.
Why, when I have needed you most,
have you not been there with me?"

The Lord replied,
"During your times of trial and suffering,
when you see only one set of footprints,
it was then that I carried you!"

✓

*God created each of us
in His own image.*

*He put a little of Himself...
His love, His grace, His power...
in each of us.*

*Unfortunately, this is
the last place
most of us think to look
to find it!*

Walter Staples

My Prayer made all the difference!

I got up early one morning,
and rushed right into the day.
I had so much to accomplish,
that I didn't have time to pray.

Problems just tumbled about me,
and heavier came each task.
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."

I wanted to see joy and beauty,
but the day toiled on, gray and bleak.
I wondered why God didn't show me.
He said, "But you didn't seek."

✓ I tried to feel God's presence,
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."

So I woke up early this morning,
and took my time to pray.
And it made all the difference,
For I had my great day!

*Prayer should be our first resource...
...rather than our last resort!*

Mahatma Gandhi

Miracles of Prayer!

Prayer is an invisible emanation of man's worshiping spirit...the most powerful form of energy that one can generate. The influence of prayer on the human mind and body is as demonstrable as that of secreting glands. Its results can be measured in terms of increased physical buoyancy, greater intellectual vigor, moral stamina, and a deeper understanding of the realities underlying human relationships.

If you make a habit of sincere prayer, your life will be profoundly altered. Prayer stamps our actions and demeanor, with its indelible mark. Within the depths of consciousness a flame kindles and man sees himself. He discovers his selfishness, his silly pride, his fears, his greeds, and his blunders. He develops a sense of moral obligation and intellectual humility. Thus begins a journey of the soul toward the realm of grace!

Prayer is a force as real as terrestrial gravity. As a physician, I have seen men, after all other therapy has failed, lifted out of disease and melancholy by the serene effort of prayer. It is the only power in the world that seems to overcome the so-called 'law of nature'. The occasions on which prayer has dramatically done this have been termed 'miracles.' But a constant, quieter miracle takes place hourly in the hearts of men and women who have discovered that prayer supplies them with a steady flow of sustaining power in their daily lives.

Too many people regard prayer as a formalized routine of words, a refuge for weaklings, or a childish petition for material things. We sadly undervalue prayer, when we conceive it in these terms, just as we should underestimate rain by describing it as something that fills the birdbath in our garden.

Properly understood, prayer is a mature activity indispensable to the fullest development of personality... the ultimate integration of man's highest faculties. Only in prayer do we achieve that complete and harmonious assembly of body, mind, and spirit, which gives the frail human reed its unshakable strength!

- Alexis Carrel

I'm Blessed indeed!

Today upon a bus, I saw a lovely girl,
And I wish I were as fair.

She seemed so happy, I envied her.
And then, suddenly, she rose to leave,
And I saw her hobble down the aisle,
She had one leg and wore a crutch,
But as she passed, she smiled.

Oh God, forgive me when I whine,
I have two legs, I am blessed indeed. The world is mine!

Later, walking down the street,
I saw a man with eyes of blue.
But he just stood and watched others play.
So, I stopped a moment and then I said,
"Why don't you join the others, sir?"
But he looked ahead without a word.
And then I knew he could not hear.

Oh God, forgive me when I whine,
I have two ears, I am blessed indeed. The world is mine!

And later, I stopped to buy some sweets,
The lad who sold them had such charm,
I talked with him. If I were late, it would do no harm.

But as I turned to go, he said to me,
"I thank you sir. You've been so kind.
It's nice to talk with folks like you
But excuse me, I am blind."

Oh God, forgive me when I whine,
I have two eyes, I am blessed indeed. The world is mine!

With legs to take me where I want to go,
With ears to hear the things I need to know,
With eyes to watch that radiant sunset glow.

Oh God, forgive me when I whine,
I am blessed indeed! The world is mine!

- Og Mandino

A Creed for those who have suffered!

I asked God for strength, that I might achieve.
I was made weak, that I might learn humbly to obey...

I asked for health, that I might do greater things.
I was given infirmity, that I might do better things...

I asked for riches, that I might be happy.
I was given poverty, that I might be wise...

I asked for power,
that I might have the praise of men.
I was given weakness,
that I might feel the need of God...

I asked for all things, that I might enjoy life.
I was given life, that I might enjoy all things...

I got nothing I asked for,
but everything I had hoped for.
Almost despite myself,
my unspoken prayers were answered.

I, among all men, am most richly blessed!

*Do not look forward to
the changes and chances of this life in fear...
rather look to them with faith and hope
that, as they arise, God, whose you are,
will deliver you out of them.
Either he will shield you from suffering,
or He will give you
unfailing strength to bear it!*

When it looks like I have failed...

Lord, are you trying to tell me something?

For... Failure does not mean I am a failure...

It does mean I have yet to succeed.

Failure does not mean I have accomplished nothing...

It does mean I have learned something.

Failure does not mean I have been a fool...

It does mean I had enough faith to experiment.

Failure does not mean I have been disgraced...

It does mean I dared to try.

Failure does not mean I won't have it...

It does mean I have to do something in a different way.

Failure does not mean I am inferior...

It does mean I need to be perfect.

Failure does not mean I have wasted my time...

It does mean I have a reason to start over.

Failure does not mean I should give up...

It does mean I have to try harder.

Failure does not mean I'll never make it...

It does mean I need more patience.

Failure does not mean you have abandoned me...

It does mean you must have a better idea!

Beginnings...

Endings are the seeds to beginnings.

Tomorrow will come in time.

Even in hopelessness lies a seed of hope,
and even small seeds can climb.

But the little seed has to give up its past
on its voyage to the sprouting tree.

Didn't you ever transcend your life,
previous visions of who you could be?

Every cloud opens up to the smiling sun,
and the low will soon reach high tide,
Exits and entrances are at the same gate.
Moving through is your ticket to pride.

And two triangles have to surrender themselves
to ever become a square.

And every simple discovery in life makes you give up
what you thought was there.

Caterpillars will butterfly off the ground.

Give up your past to be a king.

Horses run best when not looking back.
Let go to reach higher things.

You have to give up your discomforts
to ever soar in flight.

But isn't the end of something that's wrong
the beginning of something that's right?

So, you stand at the spot where endings begin,
handcuffed by the past or freed.

One path will take you to where you have been,
the other will set you free.

So pick yourself up like the rising sun,
like the wind lifting the silent sea.

Plant a hope in your heart like a seedling in spring
and step forward to your new destiny.

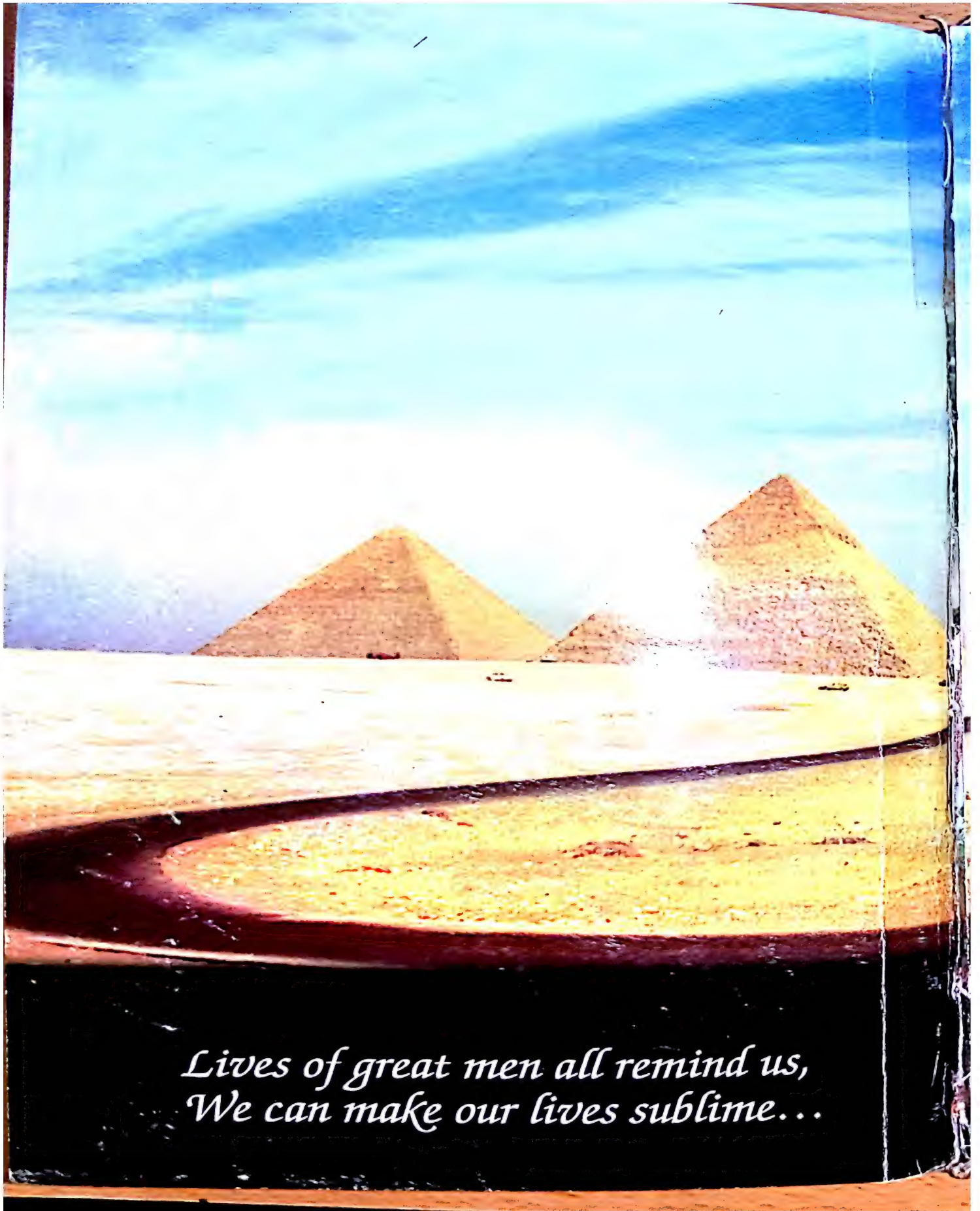
The Grace of Almighty

Every
major difficulty
you face in life...

...has a fork
in the road.

You have to choose...

...either to
breakdown or
to breakthrough!



*Lives of great men all remind us,
We can make our lives sublime...*



Breathtaking Skyline on Mt. Cook – Newzealand

*There are no shortcuts...
to any place...
...worth going!*



Sunset Hues – Trinidad

*Our lives are
like the course of sun...
At the darkest moment...
there is promise of sunlight!*



*Man's reach
should exceed his grasp...
...or what are
the heavens for?*



Masaimara Grasslands – Kenya



*There are
no impossible dreams...
Just our limited perception...
...of what is possible!*



Evening Sun on Arctic Circle – Iceland

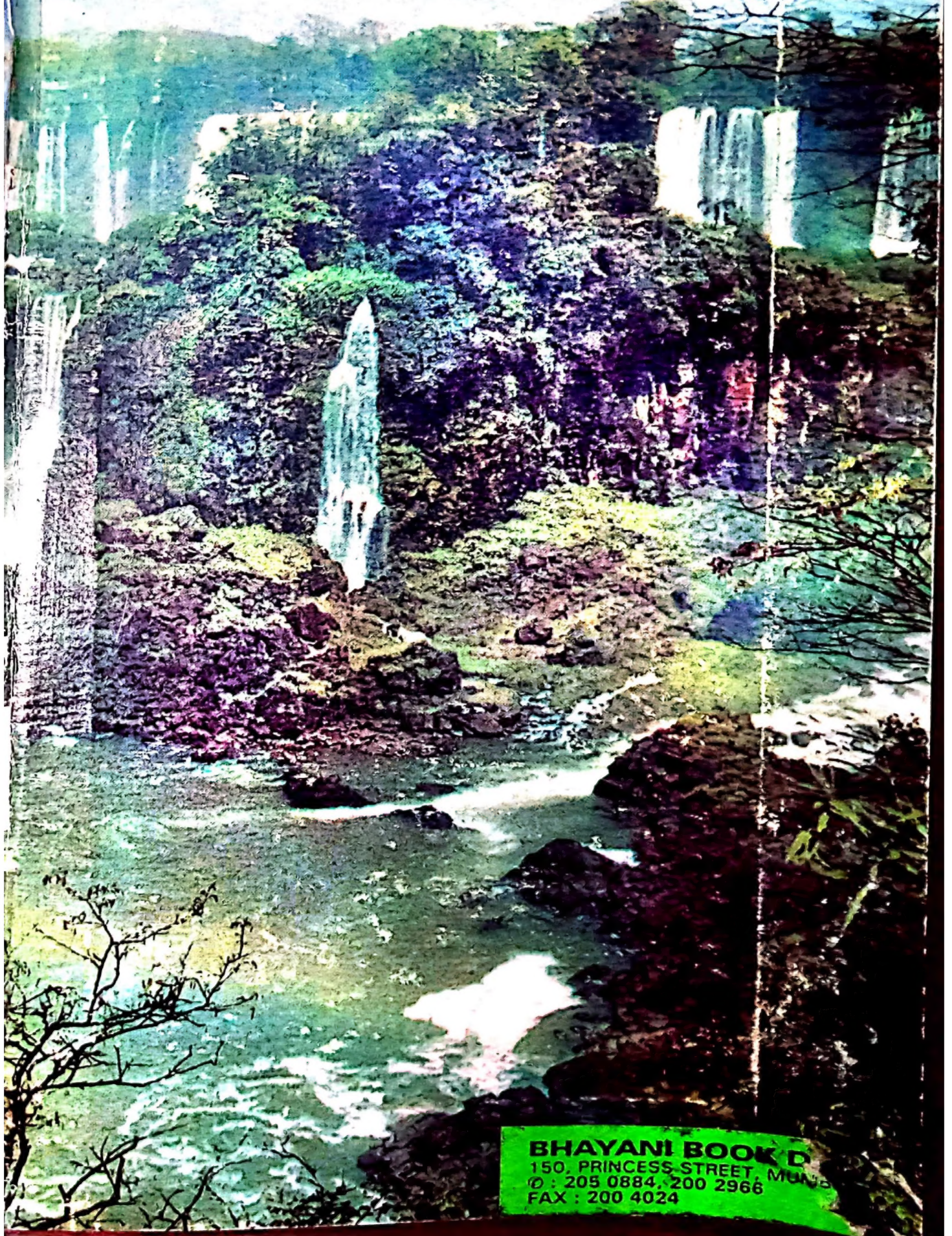


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⑦
*The future belongs to them...
...who believe in the beauty of their dreams!*



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